WWW.VALECRAFT.COM

POWER SURGE

HAVING THE BEST POWER PLAY DOES NOT GUARANTEE A STANLEY CUP, BUT IT'S ONE AREA THE KINGS ARE HOPING TO IMPROVE PAGE 24

OTTAWA metro®

Tuesday, May 22, 2012

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

ROYAL INSPECTION

Prince Charles inspects the honour guard during the official welcome ceremony at CFB Gagetown in Oromocto, N.B., on Monday. Charles and his wife Camilla, the Duchess of Cornwall, are on a four-day visit to Canada to mark the Queen's Diamond Jubilee. Story, page 5. THE CANADIAN PRESS/PAUL CHIASSON

No Canadian boots in Afghanistan after 2014: Harper

Support. NATO says it will maintain significant presence in Afghanistan after 2014, but not a combat mission

Prime Minister Stephen Harper says there will be no Canadian boots on the ground in Afghanistan after 2014.

But he says Canada will continue to financially support the Afghan military with $110 million a year for the next three years.

He says the contribution is generous and designed to set an example for other nations to follow.

It is estimated that it will cost $4.1 billion a year for Afghanistan to run its security forces once the NATO-led coalition pulls out in 2014.

Canada had been asked to consider leaving some soldiers in Afghanistan post-2014 to continue to help with training.

But Harper says the deadline is firm.

He says it is not an abandonment of Afghanistan but a transfer of responsibility to the Afghans.

Harper made the comments on the second and last day of the NATO summit in Chicago.

THE CANADIAN PRESS

For more local news visit metronews.ca/ottawa

CLASSES STARTING MONTHLY

Accounting and Payroll Administrator

Program Objective ***CPA endorsed!***

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner** (PCP) certification, issued by the **Canadian Payroll Association** (CPA). The certification is nationally recognized as a standard of excellence for payroll training in Canada.

Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

- Bookkeeping & Financial Accounting–Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply–Levels 1 & 2
- Computerized Accounting, AccPac–Levels 1 & 2
- QuickBooks
- Effective Business Writing
- Payroll Compliance Legislation (PCL)
- Payroll Fundamentals 1 (PF1)
- Payroll Fundamentals 2 (PF2)

Paralegal

Program Objective ***Part-time evening program now available!***

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on"training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

Career Opportunities

The need for well-trained,competent legal professionals has never been greater.
Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations

Personal Support Worker

Evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 33 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

This 40 week diploma program includes an 8 week co-op placement.

CALL TODAY
Classes Starting Monthly!
613-722-7811

Fitness & Health Promotion

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical mknowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. Complete this diploma program through online distance education.

ALGONQUIN CAREERS ACADEMY

1830 Bank St. **613-722-7811** **www.algonquinacademy.com**

Tracking app not enough for search warrant, police say

Stolen goods. Ottawa woman used Find My iPhone to track down laptop after a break-in, but cops say they must still do their own investigation

JOE LOFARO
joe.lofaro@metronews.ca

Ottawa police say a mobile app that can track a stolen electronic device is not enough to go knocking on someone's door after an Ottawa woman used one to locate her stolen laptop.

Jennifer Butson used an app called Find My iPhone to track down her MacBook Air, which was stolen from her home during a break-in on Tuesday.

Using GPS data, the app notified Butson of the laptop's whereabouts.

But Sgt. James McGarry said the app alone is not enough to get a search warrant.

"Just because an app says that this is the location of where a laptop is or where a device is, it doesn't provide us with the full picture," said McGarry.

Police still have to conduct their own investigation and examine the break-and-enter scene for evidence.

Friends and strangers have offered to go with Butson to retrieve the laptop, but she said it wasn't a good idea.

"I am worried that they'll come back, or keep doing it to other people, but it's mostly an issue of feeling unsafe in an otherwise wonderful neighbourhood," she said.

Follow Joe Lofaro on Twitter @giuseppelo

Retraction and apology to Conrad Black

In the May 7, 2012, edition of Metro and on metronews.ca, we published an article entitled, "Following the mogul script."

That article incorrectly reported on the nature of Conrad Black's convictions. In fact, the only convictions upheld against Mr. Black were one count of obstruction of justice and one count of mail fraud.

Moreover, we retract any allegation that Mr. Black created "flimsy businesses based on fraud."

We apologize to Mr. Black for these misstatements.

Grand Prix Cycliste attracts some of world's best

Some of the world's best female cyclists sped through Gatineau on Monday in the Grand Prix Cycliste race. Quebecer Clara Hughes, winner of six Olympic medals in cycling and speed skating, placed eighth. She was only five seconds behind her teammate, Ina-Yoko Teutenberg, who finished first, just inches ahead of a pack of the four leading cyclists. The riders completed 13 laps on a technical 10.18-km course for a total of 134 km. JESSICA SMITH/METRO

1 NEWS

On the web

Cheese-quake

Italian cheese producer Oriano Caretti woke up to shaking earth and then to the roar of some 30,000 39-kilogram (86lbs) wheels of Parmesan cheese crashing to the ground in the warehouse next to his home. The 6.0-magnitude quake in northern Italy killed seven people and also caused enormous damage to the region's cheese industry. To see video of the damage visit metronews.ca

Mobile news

Want to sit next to friends or family on the plane this summer? Be prepared to pay a little extra. Scan the code to read about U.S. Airlines reserving a growing number of window and aisle seats for passengers willing to pay a premium for the better seats.

SuiteDreams.com
Special Government and Meeting Rates
Cartier Place
SUITE HOTEL
LOCATION • HOSPITALITY • VALUE
250 spacious suites with kitchens | Penthouse hospitality suite | Complimentary WiFi | Games room | Banquet rooms | Indoor pool | Fitness room | Business suites | Residences
180 Cooper Street | PHONE: 613.236.5000 | FOR RESERVATIONS: 1.800.236.8399
Downtown Ottawa between Rideau Canal and trendy Elgin Street | Walking distance to all major sites and the Ottawa Convention Centre
Pet Friendly
RECOMMENDED ON TRIPADVISOR
tripadvisor.com
WE VALUE YOUR OPINION

People swim at Mooney's Bay Beach, despite a no-swim advisory and an absence of lifeguards on Monday. JESSICA SMITH/METRO

Hot weather trumps E. coli worries at Mooney's Bay

Hundreds of swimmers at Mooney's Bay on this hot, sweaty holiday weekend didn't know the water's E. coli count and didn't seem to care.

"On a day like this, I don't think about the test," said Veronica Shabnal, standing just past the shoreline on Monday.

"I know that it's not the season yet, but the weather is too good to stay home, so everybody's here."

Shabnal said she wouldn't normally head into the water if there is a no-swim advisory, but with the temperature almost at 30 C, staying dry wasn't an option.

Warm temperatures

30 C

The temperature in Ottawa reached almost 30 C Monday.

The City of Ottawa isn't scheduled to open the swimming areas of the beaches until June 16, so there are no lifeguards on duty and a no swim-advisory is in effect.

The fact that the city isn't publishing water quality results worried Derek Richer, who said he'll keep mostly to dry land for the rest of the day.

"I'm kind of scared of the water, it's probably dirty," he said.

"I'll wet my feet and my legs and that's about it."

Mike Croucher, who took his three sons swimming, said he didn't realize the Mooney's Bay swimming areas — which were packed full of splashing, laughing people — were actually closed.

The lack of lifeguards isn't a problem, "as long as the parents are vigilant in watching the kids," he said.

The swimming areas of Mooney's Bay, Britannia Beach, Westboro Beach and Petrie Island are officially open from June 16 to August 19. JESSICA SMITH/METRO

Beating the heat

"I know that it's not the season yet, but the weather is too good to stay home, so everybody's here."

Veronica Shabnal, Ottawa resident on swimming at Mooney's Bay even when a no swim-advisory was in effect

For more local news visit metronews.ca/ottawa

Kevin and Sandra Leduc pose for a photo on Aconcagua, Argentina in 2006. CONTRIBUTED

A perilous trip to top of the world

Summit. Ottawa woman grapples with whether to continue Mount Everest climb after death of a Canadian woman and three others

JESSICA SMITH
jessica.smith@metronews.ca

An Ottawa woman is facing a difficult choice: try again to summit Mount Everest or turn back because she's no longer in top condition and she saw, first hand, that the mountain claimed the lives of four people who set out before her.

Sandra Leduc has been climbing Mount Everest for two months and chronicling her journey on Twitter and a blog.

She's at base camp below the summit, said her brother Kevin Leduc on Monday.

"What she's grappling with is not having reached the summit and it's her goal and she was pushing hard for it," he said.

Her group set out on Sunday and climbed for 10 hours before harsh weather set in, he said.

"She was 200 metres from the summit and her team decided to turn back," he said.

Kevin spent Sunday and part of Monday morning waiting to hear from his sister.

While he waited, news broke that a Canadian woman died in a descent along with at least three others over the weekend. He eventually learned the woman who died was Shriya Shah from Mississauga, not his sister.

"The worst part is the waiting. I was looking at my clock," he said.

Sandra called Monday morning and said she was safe. She also told him she walked past the bodies of those who had died just above base camp four.

"That whole experience is traumatic. She said she walked by someone and their headlamp was still on."

She will decide whether or not to try the summit again Tuesday.

Sandra's blog: sandraleduc.com/blog.

Follow Jessica Smith on Twitter @jessiecatherine

Royal tour starts with recollection, reflection

Quick trip. Prince Charles remembers time in New Brunswick before couple takes off for Toronto

The royal couple kicked off their Canadian tour Monday in New Brunswick, where Prince Charles recalled his time training as a military pilot, extolled the virtues of service and in a scene reminiscent of his son's visit last year, played a pick-up game of street hockey.

But unlike Prince William, Charles scored.

It was an unconventional kickoff for the couple's whirlwind visit — Charles's 16th to Canada — which began in earnest at Canadian Forces Base Gagetown, where he flew as a naval helicopter pilot in the 1970s "at an exercise area in the middle of nowhere," drawing a smattering of laughter from a crowd of about 800.

He also praised those who devote their time serving their communities — a prominent theme of the couple's visit as part of the Queen's Diamond Jubilee celebrations this year.

"I can only hope their example will inspire others as it inspires me," Charles said.

The prince also met with families of military personnel who have died.

THE CANADIAN PRESS

Itinerary

- On Tuesday, the Ontario government will host a reception in the historic Distillery District for the royal couple before Charles visits the Yonge Street Mission.
- They will leave Toronto on Tuesday evening for Regina.

Prince Charles and his wife, Camilla, the Duchess of Cornwall, sample maple syrup as they tour Saint John, N.B., on Monday. The royal couple is on a four-day Canadian tour with stops in New Brunswick, Ontario and Saskatchewan to mark the Queen's Diamond Jubilee. ANDREW VAUGHAN/THE CANADIAN PRESS

Halifax blaze

Fire forces evacuation

About 100 homes were evacuated Monday in Halifax after a brush fire erupted in a wooded area, leaving a dark cloud of smoke that could be seen kilometres away.

The cause of the fire was not known, but officials believe the windy and unusually warm weather may have played a role in exacerbating it.

The fire comes three years after one that broke out in a nearby area, destroying eight homes.

THE CANADIAN PRESS

Canadian denied

Clemency now a long shot

A U.S. parole board in Montana on Monday recommended that a Canadian man on death row be denied clemency.

Ronald A. Smith's case now goes to the governor, who has the final say. Smith is seeking life in prison without the possibility of parole — instead of the death sentence.

THE CANADIAN PRESS

CHAQUE SITUATION A SA SOLUTION...
TROUVEZ LA VÔTRE À LA CITÉ COLLÉGIALE !
Des études à mon rythme et selon mon horaire.
Mon expérience et ma formation sont reconnues.
Des bourses et de l'aide pour m'aider à financer mes études.
Un plan de formation sur mesure.
Journée Portes ouvertes personnalisée !
Le 26 mai, dès 9 h
Pour plus d'information, communiquez avec Lynn-Marie McCarthy
613 742-2483, poste 2403
lmccar@lacitec.on.ca
801, promenade de l'Aviation, Ottawa (Ontario)
À GAGNER
Passes de stationnement et d'autobus
la cité collégiale
le collège des meilleures pratiques

Conservatives remain quiet about Russian spy scandal

Security breach. Still no blame assigned as Harper government minds economic and political interests

The Harper government had a host of military and possibly commercial reasons for not blaming and shaming Russia in the aftermath of an embarrassing spy scandal involving a junior intelligence officer, a series of internal briefings suggest.

The case of Sub-Lt. Jeffery Delisle, which exploded across the front pages in January, has largely disappeared into a black hole of secrecy and court-ordered silence.

The Wall Street Journal recently quoted U.S. intelligence sources saying Delisle's breach in communications secrets was roughly as big in volume as the notorious U.S. data loss to WikiLeaks.

Yet, the Harper government has remained mute, even in the face of suggestions the case caused a major rift with Washington.

Several sources within the government and the military say there was a vigorous debate within the halls of power about whether to call out the former Cold War adversary over Delisle, whose case has been adjourned until June 13 while his lawyer awaits security-washed documents.

A small cadre of cabinet ministers argued for a measured, nuanced response to the crisis. THE CANADIAN PRESS

Arctic boundaries

The Arctic interests of both countries is a significant cause for diplomatic sensitivity.

- There have been suggestions of mineral wealth under the polar sea.
- Russian interest is reportedly weighted towards oil and gas exploration.

Sub.-Lt. Jeffrey Paul Delisle is escorted from provincial court in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

Nuclear Iran

U.N. agency head pushes Iran pact

The head of the U.N. nuclear agency pushed Monday for a breakthrough pact with Iran to resume inspections into suspected secret atomic weapons work. It also possibly sets in motion further deal-making when envoys from Tehran and world powers gather later this week in Baghdad.

Iran denies it seeks nuclear arms and says its reactors are only for power and medical applications. THE ASSOCIATED PRESS

Demonstrators

Mali's interim president attacked

Demonstrators forced their way into the office of Mali's interim president on Monday and attacked the elderly leader, who was later brought to a local hospital unconscious, a witness and an associate of the president said.

Thousands of people protested at the presidential palace in Bamako on Monday. THE ASSOCIATED PRESS

TEST WHAT'S BEST AT CHEVROLET

0% FINANCING FOR UP TO 84 MONTHS‡ NEW!

CHEVROLET CRUZE, THE FASTEST GROWING NAMEPLATE IN CANADA◊

2012 CRUZE LS

- Best-in-Class Safety* with 10 Airbags
- Power Windows, Door Locks and Remote Keyless Entry
- StabiliTrak® Electronic Stability Control System with ABS

NEW! $93 BI-WEEKLY. WITH $0 DOWN PAYMENT.

OFFERS INCLUDE FREIGHT, PDI & LEVIES. TAXES NOT INCLUDED. PURCHASE PRICE $16,995*.

MORE VALUE FOR YOUR MONEY**

	Cruze LS	Elantra L Sedan
CASH OFFER	$16,995	$17,380
Standard Airbags	10	6
Standard Wheels	16"	15"
OnStar®	Standard	Not Available
Remote Keyless Entry	Standard	Not Available
Consumers Digest Best Buy	Yes	No

Come see what's new at your Chevrolet Dealer today.

GM Canada THE BEST COVERAGE IN CANADA 5 YEARS 160,000 KM* • POWERTRAIN COMPONENT LIMITED WARRANTY • ROADSIDE ASSISTANCE • COURTESY TRANSPORTATION

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

VISIT US AT: www.ontariochevroletdealers.com

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2012 Chevrolet Cruze LS R7A. ‡0%purchase financing offered by GMCL for 84 months on 2012 Chevrolet Cruze LS R7A. O.A.C by TD Auto Finance Services. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $138.89 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payments based on a purchase price of $16,995 with $0 down payment. */‡Freight & PDI ($1,495), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. ◊Based on retail registrations in the 12 months following launch. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. **Vehicle specification and purchase price according to the information available on the manufacturer's website/newspaper ad at the time of printing for the 2012 Chevrolet Cruze LS 6-speed Manual (freight included, tax excluded) and the 2012 Hyundai Elentra L Sedan 6-speed Manual (freight included, tax excluded). ††2012 Cruze LTZ with PDA, MSRP with freight, PDI & levies $28,604. Dealers are free to set individual prices.

Birth-control battle leads to lawsuits

Catholic counterattack.
Religious institutions sue Obama administration over required health-plan coverage

Dozens of Roman Catholic dioceses, schools and other institutions sued the Obama administration Monday over a government mandate requiring most employers to provide birth control coverage as part of their employee health plans.

The lawsuits filed in federal courts around the U.S. represent the largest push against the mandate since President Barack Obama announced the policy in January. Among those suing are the University of Notre Dame, the Archdioceses of Washington and New York, the Michigan Catholic Conference and the Catholic University of America.

"We have tried negotiation with the administration and legislation with the Congress, and we'll keep at it, but there's still no fix," said New York Cardinal Timothy Dolan, president of the U.S. Conference of Catholic Bishops. "Time is running out."

The U.S. Health and Human Services Department adopted the rule to improve health care for women. THE ASSOCIATED PRESS

Quoted

"Our valuable ministries and fundamental rights hang in the balance, so we have to resort to the courts now."

Cardinal Timothy Dolan, president of the U.S. Conference of Catholic Bishops

President Barack Obama appears at the close of the NATO summit on Monday in Chicago. His administration is being sued over a government mandate on health-plan coverage for birth control. JOHN GRESS/GETTY IMAGES

Man survives Niagara plunge

Emergency officials rescue a man who plunged over Niagara Falls and survived in an apparent suicide attempt on Monday. The man is only the third person known to have gone over without a safety device and live. A waiting helicopter flew him to Hamilton General Hospital, where a spokeswoman says he has critical but non-life-threatening injuries. HARRY ROSSETANI/THE ASSOCIATED PRESS

Familial fraud

Man who posed as his dead mom gets over 13 years

A New York man who dressed up like his dead mother in a bizarre real estate fraud has been sentenced to more than 13 years behind bars. Thomas Parkin was convicted May 3 on charges including grand larceny and mortgage fraud. He was sentenced Monday to 13 2/3 to 41 years in prison. Prosecutors say when Parkin's mother died in 2003 and the Brooklyn house she owned was sold at a foreclosure auction, Parkin pretended his mother was still alive and sued the new owners. They also say he collected $44,000 US in his mother's social security cheques and doctored her death certificate. THE ASSOCIATED PRESS

Suffering for his art

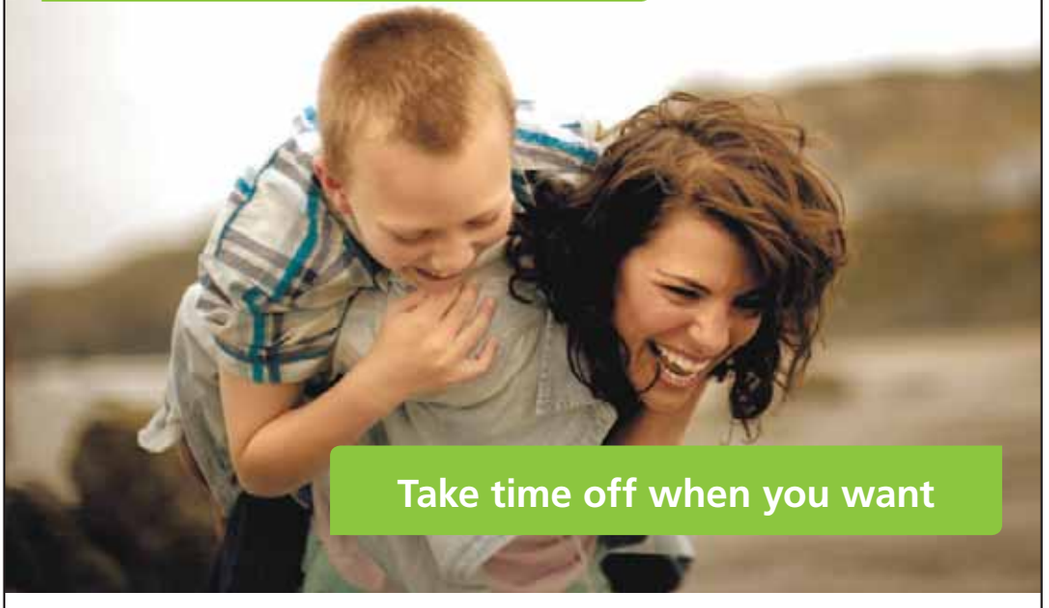
Artist arrested after installation mistaken for bomb

A Japanese-born artist who was setting up an I Love New York-themed public art display in Brooklyn was arrested after the wired contraption was mistaken for an explosive device.

Takeshi Miyakawa, a visual artist and furniture designer, was arrested Saturday after placing the installation in two separate areas of the same New York City neighbourhood. His lawyer and employer both called the arrest a misunderstanding. The installations consisted of plastic bags bearing the classic I Love New York logo; the bags contained batteries and were suspended from metal rods attached to trees. THE ASSOCIATED PRESS

TD Canada Trust

Pay a little more towards your mortgage each month



Take a Payment Vacation

Find out how to take advantage of new flexible mortgage features today.

We know how important managing your mortgage is. We also know how important it is to live life to the fullest. That's why a TD mortgage offers a range of flexible features that helps you balance both.

Take our Payment Vacation. With it, you arrange to pre-pay a little more each month and work towards the opportunity to take time away from your mortgage payments when it benefits you the most.[1] Staying at home with a new baby, finishing that degree, taking a sabbatical or something else entirely – the choice is yours.

Get in touch with us today to discuss how our flexible mortgage features can help you get the most out of life.

www.tdcanadatrust.com/home 1-888-632-9469

Banking can be this comfortable

[1]Subject to approval. Conditions apply. ®/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

comwave®

Long Distance

Lowest Rate Guarantee

No matter where you call,
what rate you pay, we'll beat it!

Every Month Long Distance
30 Minutes FREE

1 Cent to India 1¢ /Minute

1000 MINUTE BUNDLE ONLY $10/MONTH

Unlimited Canada $5 /Month

UNLIMITED CALLING TO ANYWHERE IN CANADA

Australia 1.9 ¢/min	Bangladesh from 3.9 ¢/min	Bosnia 13.9 ¢/min	China 1.9 ¢/min	Colombia from 3.9 ¢/min	Cuba 89.9 ¢/min	El Salvador 9.9 ¢/min	Germany 1.9 ¢/min
Iran 5.9 ¢/min	Israel 1.9 ¢/min	Italy 1.9 ¢/min	Sri Lanka 9.9 ¢/min	Lebanon 7.9 ¢/min	Mexico from 1.9 ¢/min	Pakistan 5.9 ¢/min	Philippines 11.9 ¢/min
Poland 1.9 ¢/min	Romania 1.9 ¢/min	Russia from 1.9 ¢/min	Trinidad 4.9 ¢/min	U.A.E 14.9 ¢/min	Ukraine 7.9 ¢/min	U.K 2.9 ¢/min	Vietnam 4.9 ¢/min

1-866-770-8085

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Ranked #1
Home Phone Service
Consumer Choice Award

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.

comwave

Home Phone

Home Phone
All Features FREE

You can keep your existing number
Start saving today!

Limited Time Offer
6 Months FREE

Unlimited LOCAL — $14.95 /Month

- **Unlimited local calling** • 14 free features

Unlimited CANADA — $19.95 /Month

- Unlimited local calling • 14 free features
- **Unlimited CANADA calling**

Unlimited GLOBAL — $29.95 /Month

- Unlimited local calling • 14 free features
- Unlimited North America calling
- **Unlimited calling to almost 60 countries**

1-866-770-8085

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Ranked #1
Home Phone Service
Consumer Choice Award

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. The 6 Month Free Promotion is based on a 3YR term and includes a 90-Day Satisfaction Guaranteed period. The Global Plan includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 90 days, you will receive an additional 3 months free for a total of 6 months free. Terms and conditions apply, see www.comwave.ca for details.

Canadian banks. Profits to grow in second quarter

After starting the year with strong earnings momentum, Canada's biggest banks will likely report slower growth in the second quarter when they begin rolling out results this week.

The big question will be which banks come out on top in a quarter that's expected to be characterized by lower trading revenues and a weaker outlook for the rest of the year.

"I wouldn't say there's going to be one bank that clearly leaves the rest in the dust," said Gareth Watson, vice-president of investment management at GMP Richardson Ltd.

One factor will be which banks have stronger capital market activity and trading revenues, he added.

"You can't necessarily gauge what those results are going to be, without knowing the exact portfolios (each bank has) and that's probably going to determine who outperforms who."

Bank of Montreal will be the first of the big banks to release its second-quarter earnings as it is scheduled to report Wednesday. TD Bank and Royal Bank deliver their results on Thursday. Scotiabank follows on May 29 and CIBC on May 31.

THE CANADIAN PRESS

Slow growth

Earnings for the big Canadian banks are expected to slip four per cent from the first quarter, according to CIBC Capital Markets.

- Overall the banks will likely show growth of 5.3 per cent compared to the same time last year.

Market Minute

DOLLAR Closed

TSX Closed

OIL $92.57 US (+$1.09)

GOLD $1,588.70 US (-$3.20)

Natural gas: $2.72 US (-1.8¢)
Dow Jones: 12,504.48 (+135.10)

Outcry prompts revoked death sentence

In this photo taken in 2009 and made available Monday, Wu Ying, head of the Bense Holding Group, attends the first trial for her running of a Ponzi scheme involving over 773 million yuan ($124 million) between 2005 and 2007 at a court in Jinhua city in eastern China's Zhejiang province. The former Chinese tycoon, who was convicted of illegally raising money for her business, has been sentenced to prison after China's supreme court overturned a death sentence following a public outcry. THE ASSOCIATED PRESS

Britain

Labour Party MP testifies at media ethics inquiry

One of the British Labour Party's most seasoned operatives said his party's leadership may have gotten too close to media tycoon Rupert Murdoch.

Peter Mandelson, who served under both Prime Minister Tony Blair and his successor Gordon Brown, said both men may have gotten "closer than was wise" to the Australian media mogul.

THE ASSOCIATED PRESS

Safety risks

Chrysler recalls Jeep Wranglers

Chrysler is recalling nearly 87,000 Jeep Wranglers in the U.S., Canada and elsewhere due to a risk of fires.

The recall affects only Wranglers from the 2010 model year that have automatic transmissions and were built before July 14, 2010. The recall was announced by the National Highway Traffic Safety Administration on its website. THE ASSOCIATED PRESS

Canada's National Notary Public Company

Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing

Notarization & Legalization
Over 100 Locations Across Canada

Red Seal NOTARY

Scan and Save

Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel

RedSeal Notary.com

1-888 922-7325

U.K.'s proposed surveillance program could expose private lives: Experts

British officials have given their word: "We won't read your emails."

But experts say the government's proposed new surveillance program will gather so much data that spooks won't have to read your messages to guess what you're up to.

The U.K. Home Office stresses it won't be reading the content of every Britons' communications, saying the data it seeks "is NOT the content of any communication." It is, however, looking for information about who's sending the message and to whom, where it's sent from and other details, including a message's length and its format.

The proposal, unveiled last week as part of the government's annual legislative program, is just a draft bill, so it could be modified or scrapped.

But if passed in its current form, it would put a huge amount of personal data at the government's disposal, which it could use to deduce a startling amount about Britons' private lives — from sleep patterns to driving habits or even infidelity.

"We're entering a whole new phase of analysis based on the data that we can collect," said Gerald Kane, an information systems expert at Boston College. The ocean of information is hard to fathom. Britons generate four billion hours of voice calls and 130 billion text messages annually, according to industry figures. In 2008, the BBC put the annual number of U.K.-linked emails at around one trillion. THE ASSOCIATED PRESS

Data

So even without opening emails, how much can British spooks learn about who's sending them?

- The ebb and flow of electronic communication, that call to your mother just before bed, that morning email to your boss saying you'll be late, frames our waking lives.

More people talk to BDO for debt solutions than anyone else in Canada. Learn about all your options. It won't cost you anything to call. You'll feel a whole lot better when you do.

BDO helps you take control of debt.

Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy

613 235 5225
bdodebthelp.ca

BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.

BDO

"I love seeing the shock on everyone's face when I tell them my plan gives me UNLIMITED everything."

– Kyle I. of Vancouver
WIND CUSTOMER SINCE JUNE 2010

THAT'S THE POWER OF

WIND™

LIMITED TIME OFFER

IT'S A FREEBIE FREE-FOR-ALL.

Join by JUNE 4TH and get one of our most popular add-ons for free.

no hidden fees
$40 per month

UNLIMITED CANADA-WIDE TALK + TEXT + DATA
Includes caller ID.

+

Free Voicemail+ ($8/month value)
Get enhanced notifications and more.

- OR -

Free World Saver ($8/month value)
Pay as little as 1¢/min for international calls with unlimited international text.

$0 smartphones available on all plans with no term contract.

Learn more at
WINDmobile.ca

Offer valid until June 4, 2012. Available only for activations on the $40 plan during the time of the promotion, for as long as the $40 plan is available and for as long as you continuously stay on it. Unlimited talk, text & data only available from anywhere on our network. WINDtab is only available at participating locations. Data services subject to WIND's Fair Usage Policy and Internet Traffic Management Policy. All services subject to WIND's Terms of Service and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Learn more at WINDmobile.ca. ©2012 Nokia. Nokia and Nokia Lumia 710 are registered trademarks of Nokia Corporation. BlackBerry®, Bold™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners. WIND, WIND MOBILE and WINDtab are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. ©2012 WIND.

Career Training

Train to Become a Personal Support Worker

Graduate in 7 months and pursue a career at:

- Long-term care facilities
- Home health care agencies
- Retirement homes/ residences
- Hospices
- Group homes

Classes begin May 28!

Call Now for More Information!
1-866-643-6377
Visit us online at www.TrainAtEverest.ca

Everest COLLEGE
BUSINESS · TECHNOLOGY · HEALTH CARE

Ottawa East • Ottawa West
16 Convenient Locations in Ontario

Providing Quality Education in Ontario for More Than 40 Years

Career services assistance available to graduates. Morning and afternoon classes available. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

Facebook stock sinks below IPO price on Day 2

Social network. CEO and founder Mark Zuckerberg updates his status to 'married'

Facebook's stock is tumbling well below its $38 US IPO price in the social network's second day of trading as a public company on Monday.

By late afternoon, Facebook's stock was at $34.26, down 10.4 per cent from Friday's closing price of $38.23. The company lost nearly $10 billion of its market value, and is now worth around $96 billion, about $2 billion below Amazon.com Inc.

"There must have been some sober second thoughts about this," said Brian Wieser, an analyst at Pivotal Research Group who was first to come out with a "Sell" rating on Facebook's stock on Friday.

Facebook founder and CEO Mark Zuckerberg married Priscilla Chan in Palo Alto, Calif., Saturday.
THE ASSOCIATED PRESS

It's not that he thinks the world's largest online social network is a bad investment. But at $38 per share, it's just too expensive considering the risks associated with Facebook's brief history and unproven advertising model, he says. His fair price, or "target price," is $30.

Initial public offerings are a delicate game of supply and demand. The investment banks orchestrating the transaction, the deal's underwriters, work with the company to decide how much stock to sell and at what price.

In Facebook's case, says Michael Pachter, an analyst with Wedbush Securities, the "underwriters gave FB poor advice, and allowed them to sell too much stock, then didn't properly sell the deal."

Investors and technology industry watchers are closely tracking the Menlo Park, Calif.-based company's shares. Facebook's initial public stock offering was one of the most anticipated ever, and now serves as a bellwether for other social-media companies.

THE ASSOCIATED PRESS

Isn't it time your mailbox went digital?

Secure and simple epost service from Canada Post is the convenient way to keep track of all of your bills, statements, and essential documents. And best of all, it's free. Receive bills and statements for just about all your regular expenses, such as cable, phone, utilities, credit cards, and property taxes. View your digital mail with a single login. Plus, your documents are stored privately and securely for up to seven years. Sign up today at epost.ca or through your financial institution.

You could win $1,000 in our monthly draw just by registering your bills with epost.ca.

Register two bills with epost and you will be automatically entered for a chance to win $1,000 in our ongoing monthly contest. And, each additional bill you register gives you an extra contest entry.*

epost™

Sign up today at epost.ca.

Manage bills like these and many more.

Bell | ROGERS | TELUS | HUDSON'S BAY CO. | BMO Bank of Montreal | Scotiabank | hydro one | Ottawa

CANADA POST POSTES CANADA

* No purchase necessary. Contest runs from 12:00:00 a.m. EDT on May 1, 2012 to 11:59:59 p.m. EST on January 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, who are active epost users, and who have subscribed to at least two epost mailer bills throughout the previous 60 days. There are a total of 9 prizes available to be won, each with a value of CAD $1,000. There will be one prize draw per month during the contest period. Odds of winning depend on number of entries received. Selected entrants must answer a mathematical skill testing question and sign a release. Full contest rules are available at epost.ca/contestrules. ™ Trademark of Canada Post Corporation. All other trademarks are the property of their respective owners.

Creating World-Leading Internet Experiences.

AVAILABLE IMMEDIATELY: ONE DESPERATE COTTAGE GUEST

SHE SAYS...
Jessica Napier
metronews.ca/shesays

With the Victoria Day long weekend behind us, the summer season has officially begun.

City dwellers delight in the mass exodus that takes place each sun-filled weekend as urbanites pack up their coolers and head out of town. As a national pastime, cottaging (a uniquely Canadian verb) is on par with wearing plaid shirts and truly believing that this is the year that our team will bring home the Stanley Cup.

I was never one of those fortunate people whose parents invested in a piece of summer property — yes, I know, firstworld-problem. Consequently, I've had to make some strategic moves to expand my social circle so that I might have a chance to experience the great outdoors while still enjoying the luxuries of indoor plumbing.

A few years ago, I was unreasonably disappointed when my good friend broke up with her long-time boyfriend whose family owned 3,000 square-feet of lakefront paradise and not one, but two boats. Sure they were never meant to last, but couldn't she have waited until after Thanksgiving? He had a water trampoline for crying out loud.

Cottage, anyone?

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

Over time, as friends have moved on and moved away, I've found the number of annual cottage invites dwindling. And so, I'm going to take this opportunity to make a case for myself as the BEST cottage guest you never asked for.

First of all, I have already assembled what I imagine to be the ultimate summer 2012 music playlist. You won't have to go through the hassle of finding the perfect ratio of party anthems to mid-afternoon nap jams. But if you just want to listen to Call Me Maybe on repeat I'm also totally OK with that.

I have spent years acquiring Canadiana-inspired outfits to wear for all sorts of cabin-in-the-woods-themed weekends. My wardrobe is starting to look like a Hudson's Bay Co. catalogue.

I'll happily spend the afternoon running to and from the beer fridge to ensure that all cottage-goers are staying properly hydrated. And when the rain clouds roll in, I have you covered with a seriously large collection of board games. Twister, Scattegories, Taboo, Scrabble … boredom is not an option when I come to visit.

Finally, I deserve a getaway. A family of skunks — yes, skunks — recently took up residence underneath the house I live in. And since I'm in a basement apartment, this essentially means I have Pepe Le Pew and friends living in the wall behind my couch.

So if you've got a deck chair to spare this summer, I could use a weekend escape.

Use the buddy system if you have a cottage, please. ISTOCK

Not quite a total eclipse

MICHAEL CHOW/ THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

Rare occurrence

When sun and moon align

Hikers watch an annular eclipse from Papago Park in Phoenix on Sunday.

The annular eclipse, in which the moon passes in front of the sun leaving only a golden ring around its edges, was visible to wide areas across China, Japan and elsewhere in the region before moving across the Pacific to be seen in parts of the western United States late Sunday afternoon.

THE ASSOCIATED PRESS

Astronomy 101

14,000

The eclipse followed a narrow 14,000-kilometre path for 3 1/2 hours. The ring phenomenon lasted about five minutes, depending on the location. People outside the narrow band for prime viewing saw a partial eclipse.

In Japan

Even lemurs react to marvellous sight

A Japanese zoo said the eclipse made lemurs believe it was evening.

Some 20 lemurs at the Japan Monkey Center in central Japan skipped breakfast, climbed up and jumped between trees and poles, a typical evening behaviour, according to the zoo. They returned to normal after the eclipse.

"They must be reacting to the eclipse," zoo director Akira Kato told public broadcaster NHK.

THE ASSOCIATED PRESS

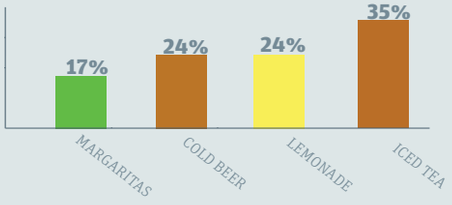
Enjoy responsibly

- **'Ring of fire'** eclipses are not as dramatic as a total eclipse, when the disc of the sun is entirely blocked by the moon. The moon is too far from Earth and appears too small in the sky to blot out the sun completely.
- **Doctors and education officials** have warned of eye injuries from improper viewing. Before the event started, Japan's education minister demonstrated how to use eclipse glasses in a televised news conference.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

With the warm weather on its way, what's your favourite summer drink?



Twitter

@biancaolivieri:
I'm probably the only person in ottawa who didn't go to mooneys bay today

@GregGallinger:
It's been at least ten years since I was last in Ottawa. There appears to be an abundance of bike/walking paths.

@cocobernard:
Perfect weekend up at camp. Back to suburbia, frig.

@rustymcruss:
mom and kid feeding the rampant Canada geese literally 1 foot away from sign saying don't feed 'em. Those geese will take over the world

@soconn5:
Bathing in patio smoke. When we gonna go the way of Ottawa and ban it?

@Shal1217:
Gahh why do Ottawa weddings have to be so expensive? I could get SO much more bang for my buck in MTL. #annoyedtweet

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Cr
In

LTE
beyond 4G

ROGERS
hi-speed internet
UP TO 75 Mbps

rogers.com/InternetExperiences

Rogers LTE network available in select Canadian cities. Visit www.rogers.com/coverage for details.

1 Conditions apply. See RogersOneNumber.ca for details. **2** Based on Ultimate tier. Speeds may vary with traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acc

reating World-Leading
nternet Experiences.

Through relentless innovation and continuous investment, we've established a long history of being the first to bring you breakthrough Internet experiences. We introduced *Rogers One Number*,™ letting you communicate like never before. Now you can talk, text and video call from your computer using your mobile number.[1] We were also the first to launch LTE in Canada – the fastest wireless Internet technology on the planet.

And in our ongoing commitment to deliver faster cable hi-speed Internet, we've increased our top speeds by 50%, up to 75 Mbps.[2] So now you can stream live HD sports instantaneously or download movies, music and work files in the blink of an eye, whether you're at home or on the go.

So what's next? If you're with Rogers, you'll be the first to know.

ROGERS™

eptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. ©2012 Rogers Communications.

What's Next? If you're with Rogers, you'll be the first to know.

2

SCENE

Box office

Avengers still has muscle

The Avengers continues to muscle out everything else Hollywood throws at it, easily sinking naval rival Battleship and other new releases. With $55.1 million domestically, Disney's superhero sensation remained No. 1 for a third-straight weekend. Overseas, The Avengers added an additional $56 million. The film is approaching the $1.2 billion mark worldwide, totalling $457.1 million domestically and $723.3 million internationally. Universal's Battleship opened a distant No. 2 with $25.4 million domestically, well below industry expectations. Sacha Baron Cohen's comedy The Dictator, in which he plays a tyrannical third-world leader, debuted in third-place with $17.4 million for the weekend.

THE ASSOCIATED PRESS

On the web

Forrest Gump actor Gary Sinise holding Va concert to raise money for wounded vet's home

Josh Brolin plays a young Tommy Lee Jones in Men in Black 3. HANDOUT

Hey Brolin, what's a flux capacitor?

Pop quiz. Metro puts Men in Black 3 star Josh Brolin to the test, quizzing him on his knowledge of time travel — Hollywood style

NED EHRBAR
Metro World News in Hollywood

Josh Brolin knew he was taking on a challenge when he signed on to play a younger version of Tommy Lee Jones in the time-travel-themed Men in Black 3. But how ready was he for the challenge of Metro's Time Travel Pop Quiz? Read on to find out.

First of all, how many gigawatts are required to energize the flux capacitor?

Um... 360,000?

Nope, 1.21.
I'm glad I got that so wrong (laughs).

While time-traveling, can you interact with your past or future self, or would that cause a catastrophic event?
It would cause a catastrophic event. But Boris the Animal does (in Men in Black 3). I just know that time travel as is understood by Hollywood and their storytelling has been if you in any way affect the past that you go into, that it always has a negative effect on the future. That's what I've been told, at least.

Speaking of, say you travel back in time and you arrive standing alone in front of a young Adolf Hitler. What do you do?

Befriend. That'd be the best way to get in there, and then you can detour him. Befriend and detour.

What kind of adventure did Bill and Ted have?
An excellent one. When I met Keanu Reeves, that was the first thing I said. I was like, "Bill and Ted, right on dude!" I did SNL recently and we did The Californians, and I think that was what I did, some version of guys I grew up with and Keanu Reeves in that movie.

In Terminator, is Arnold Schwarzenegger a cyborg, an alien or a wacky twin?
A cyborg, of course. But a different type of cyborg is Robert Patrick in number two, right? What's it called?

The T-1000.
The T-1000. Very good, man. You know your stuff.

Which movie, in your opinion, gets time travel the most right?
God, man. Time Bandits by Terry Gilliam was probably my favorite time travel movie that I've seen, just because it was so fantastical, and Terry Gilliam is such a brilliant director. Like Brazil and Fear and Loathing, the lenses that he uses are so warped and all that. It's brilliant. I like that movie a lot.

I'll give you a chance to redeem yourself on the gigawatts question if you can tell me how fast the DeLoreon in Back to the Future has to go to travel through time.
Oh God, I know this. Sixty-five?

Eighty-eight.
F–! I wouldn't get very far.

DVD reviews

The Woman in Black

Director. James Watkins

Stars. Daniel Radcliffe, Janet McTeer

The Woman in Black is a haunted-house shocker set in the late 19th century in a remote Yorkshire village where the frights are foremost, and the acting of its star, Harry Potter's Daniel Radcliffe, is almost beside the point. You could hardly find a more scream-tested story. Based on Susan Hill's 1983 novel about a phantom woman killing children to avenge the loss of her son, the tale has also been told on stage, radio and in a TV movie. Radcliffe, playing London solicitor Arthur Kipps, must travel to Eel Marsh House, a dwelling so remote it is accessible by horse-drawn cart — and then only when the tide is out. Of course he must stay several nights at the eerie place, ignoring the ghost stories he's heard. Turns out he heard right: at Eel Marsh, Kipps doesn't just see dead people, he's practically stampeded by them, especially in the film's later reels, when The Woman in Black ends up a multi-generational horror show. Extras include a commentary with Watkins and Jane Goldman and two making-of featurettes.

PETER HOWELL

ODAWA NATIVE FRIENDSHIP CENTRE PRESENTS THE
36TH ANNUAL
FESTIVAL OF ABORIGINAL CULTURE
MAY 25-27, 2012
AT THE OTTAWA MUNICIPAL CAMPGROUND, 41 CORKSTON RD., NEPEAN, ON
EVERYONE WELCOME! COME EXPERIENCE THE CULTURE!
ADMISSION PRICES: ADULTS: 10$/DAY; YOUTHS/STUDENTS: 5$/DAY;
FAMILY (2 ADULTS/2 CHILDREN): 15$/DAY; SENIORS/CHILDREN UNDER 12: FREE THE ENTIRE WEEKEND!
FREE PARKING!
WWW.ODAWA.ON.CA/POWWOW.HTM

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Justin Bieber goes gaga for Selena Gomez's costar?

THE WORD
Monica Weymouth
scene@metronews.ca

"Thank you for the time I had with you but I have to move on now," Justin Bieber posted to his account. This comes after rumours that when visiting the set of girlfriend Selena Gomez's new movie, Spring Breakers, he fell for her nearly identical costar, Vanessa Hudgens (better known in this column as Zac Efron's unworthy ex).

For her part, Gomez closed her Instagram account, then took to Facebook with a photo of herself at a shooting range with the ominous caption, "Released some stress today."Twitter, Instagram, Facebook: are you following this? Forget that these two are famous — it's nearly impossible for any teenager to get dumped with a little dignity these days. We never thought we'd say this, but long live the days of dial-up AOL in your parents' dining room.

Call in the Army

After Van Halen cancelled the remainder of their tour on Friday, tribute band Van Halen's Army offered to step in. "They have an obligation to fulfill ... somebody signs up to do the job they should complete it," a guitarist identified as Joe tells TMZ.

Robin Gibb

Bee Gees singer Robin Gibb passes away

Less than a week after the passing of Donna Summer, another titan of disco is gone. "The family of Robin Gibb, of the Bee Gees, announce with great sadness that Robin passed away today following his long battle with cancer and intestinal surgery," a rep confirmed to Us Weekly in a statement. "The family have asked that their privacy is respected at this very difficult time." Gibb, who had been battling cancer for years, fell into a coma last month but recovered.

Tara Reid

Tara Reid parties it up in Cannes

Despite her efforts to present a cleaned up and mature image while promoting American Reunion, Tara Reid seems to be up to her old tricks. The troubled actress has been living it up in Cannes this weekend, where she was spotted looking worse for the wear while hurrying from one night club to another in the wee hours, according to the Daily Mail. Reid remains unapologetic about her penchant for celebrating. "It's not like going out and getting drunk is a crime, lots of people do it," she tells the U.K.'s Loaded magazine.

Twitter

@SteveCarell
For breakfast, my son ate: a chocolate chip waffle, a scoop of peanut butter, and a meatball. #Fatheroftheyear

@AlbertBrooks
Was in the desert for two days with no computer, tv, or anything. Just nature. Nature looks fatter in person.

@rosie
Reading OK mag 4 the first time - kinda shocked at how many people I do not know

@SteveMartinToGo
IMPORTANT ANNOUNCEMENT: A thing that will be something soon, coming, I'm sure, in the future, at some point.

Katy Perry ALL PHOTOS GETTY IMAGES

The one that got away: Katy Perry sings about marriage breakup

While Katy Perry's last big breakup hit, Part of Me, proved to have been written before her marriage to, and split from, Russell Brand, sources say her latest single, Wide Awake, is most certainly about her 14-month marriage to the British comedian, according to People magazine.

"I wish I knew then what I know now," Perry sings on the track. "Wouldn't dive in, wouldn't bow down." Seems pretty fitting.

"It's obviously about Russell," a source says. Perry hasn't commented on the inspiration for the track.

Quoted

"I wish I knew then what I know now."

Katy Perry
Lyrics from her latest single, Wide Awake.

3 LIFE

Heart issues

Men are more immune to mental stress

Women are more likely to suffer heart trouble following an emotional episode than men, claim scientists from the Penn State College of Medicine. They found that while mental stress increased coronary blood flow in men, it caused no change in women, potentially putting women at a greater risk of developing heart problems.
METRO WORLD NEWS

On the web

In France, autistic kids get psychotherapy; critics slam approach as outdated, unscientific

Post-travel yoga

Need a vacation after your vacation? Here's an easy yoga sequence to ease travel-related stress, doable in a hotel room, at home or anywhere.

ROMINA MCGUINNESS
Metro World News in London, U.K.

A long journey can leave you feeling disorientated, stiff and groggy. You feel so rubbish you wonder why you bothered leaving in the first place.

Stop whining and get moving. Yoga can be done anywhere, any time, so rather than suppress a yawn, do this simple sequence in your hotel room to boost your energy levels and restore core strength.

The poses will get your blood circulation going and help open up tight hips, backs, necks and shoulders, all of which get cramped when travelling, says yoga instructor Kristin McGee, who trains comedienne Tina Fey.

Quote

"Downward dog inversions will revive your brain and relieve you from back pain and insomnia."
McGee

1

Cat

The combination of Cat and Cow pose provides a gentle massage to the spine and stretches the neck.

How to: From tabletop position, exhale and round your spine towards the ceiling. Release your head toward the floor. Inhale and come back into a neutral tabletop.

2

Cow

How to: Inhale and lift your sitting bones and chest toward the ceiling. Allow your belly to sink toward the floor. Lift your head and look straight forward. Exhale and come back into neutral.

Alternate between Cat and Cow for 5-8 cycles making sure you link breath and movement.

3

Downward Facing Dog

If you're feeling sluggish, downward dog inversions will revive your brain and relieve you from back pain and insomnia.

How to: From Cow, tuck your toes under and press back into a Downward-Facing Dog. Hold for 1-3 minutes.

4

One-Legged King Pigeon

Stretches the thighs, chest and neck and opens up the shoulders. Perfect if you've been sitting down too long.

How to: From Downward-Facing Dog, slide your right knee forward and parallel to the front of the mat as you slide your left leg back. Recline forward if you can and stay for 8-10 breaths before switching sides.

Fall In Love With Your Legs Again

VARICOSE VEINS
Painful veins on your legs? Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS
Spider veins on your legs or face? Get rid of them with simple injections.

DR. BEAUPRÉ VEIN/VARICES CLINIQUE

Dr. Lucie Beaupré
American Board of Phlebology Certified

OTTAWA
1335 Carling Avenue
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com

Get your exergaming face on: New fitness trend keeps you fit and active

Exercise craze. Giving your thumbs and your bum a workout— pilot study looks at the success of exergaming

CELIA MILNE
life@metronews.ca

Spinning meets video gaming — ready? CONTRIBUTED

There's exercise. And there's gaming. And now there's exergaming.

A Canadian pilot study has found blending video games with stationary biking is a great way to meet fitness goals.

"Yes, activity is good for us...but if we don't enjoy it, we simply won't stick with it. Exergaming is a great tool because it is highly enjoyable," says Dr. Melanie Keats (PhD), lead author of the study.

Keats, an assistant professor at Dalhousie University in Halifax, and colleagues divided a small group of university students into those who used exercise bikes and followed a cycle training program, and those who used exercise bikes and played video games.

Both groups were asked to cycle for 30 minutes twice a week for six weeks.

Results showed the exergaming people were more likely to attend their exercise sessions, worked harder and improved their fitness levels more than those who used the cycle training program.

Many gyms now have exergaming cycles and rowing machines. Some of these systems connect to online resources and social media such as Facebook and Twitter so that you can track your progress, set up virtual groups and compete against your friends and other participants locally, nationally and around the world.

Melanie Keats with the exergaming bikes. CONTRIBUTED

Keats' advice to those who want to exercise more but lack motivation? "Find something that you enjoy. Try new things, keep mixing things up, and involve your friends and family!"

Thoughts on...

Do you focus on the negative or positive? Focus your mind to think, feel, see yourself and everyone around you showered with goodness. Starting today, whatever you do, wherever you go, focus your attention on perceiving goodness everywhere, give praise, speak kind words, count your blessings, exercise courtesy, give a compliment and smile. Doing all this consistently will cleanse you of any and all negativity. When you focus on goodness — goodness is all you see and get. **NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE**

Superfood. The avocado

Adding half an avocado to your daily diet could do wonders for your waistline.

Researchers at Loma Linda University in California, found that eating avocado suppressed hunger as it influenced post-meal leptin responses over a three-hour period.

Leptin is a key hormone in the regulation of food intake and energy expenditure via appetite and metabolism. Balance out your junk-food habit by topping your burger with avocado slices.

METRO WORLD NEWS

CENTRE DENTAIRE RIDEAU DENTAL CENTRE
Aesthetic, Implant & Family Dentistry Since 1983

STRESS FREE AND CARING DENTISTRY
NOW ACCEPTING NEW PATIENTS
613-230-7475 • 2nd Level • Rideau Centre
Check out our weekly blog at www.rideaudental.ca
THIS WEEK: Protecting Your Oral Health - One More Reason to Shake the Nicotine Habit!

CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on"training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained,competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations

PART-TIME EVENING CLASSES NOW AVAILABLE

You can complete this program in less than one year by attending school full time, Monday to Friday.

This program can be completed part time through evening and weekend classes.

ALGONQUIN CAREERS ACADEMY
1830 Bank Street 613-722-7811 www.algonquinacademy.com

Hot Bites. Spicy salsa, rice and cheese nibbles have flavour of nachos

1. In a large bowl, combine rice and cheese; set aside.

2. In another bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese and mix well.

3. Spray miniature muffin pans with vegetable cooking spray. Spoon about 22 ml (1 1/2 tbsp) of rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon.

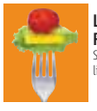
4. Bake in 180 C (350 F) oven for 15 to 20 minutes or until lightly browned. Serve warm with additional salsa and sour cream, if using. **THE CANADIAN PRESS/ RICEINFO.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 750 ml (3 cups) cooked brown rice
- 250 ml (1 cup) shredded pepper jack cheese
- 4 eggs
- 1 jar (500 ml/16 oz) medium thick and chunky salsa
- 125 ml (1/2 cup) sour cream
- 2 ml (1/2 tsp) salt, pepper
- 175 ml (3/4 cup) crushed corn tortilla chips
- Additional salsa and sour cream, for garnish

The secret to a delicious lunch is at 42 Crichton St.

Half Savoury Strudel $7.50. SHARI GOODMAN



LUNCH RUSH
Shari Goodman
life@metronews.ca

Terroir fine foods. That's the tag line on the window outside 42 Crichton Street Fine Foods. Inside, you'll find a small space dedicated to quality, local food.

If you're lucky, the cushion-covered radiator will be free to sit on and enjoy your lunch choice (or you can take it to a picnic table at Stanley Park down the road).

Chef Susan Jessup graciously shares her passion for local and sustainable fresh foods, sourcing ingredients from Quebec, Ontario and even Alberta. You won't find the typical sandwich or panini lunch here.

The ridiculously good savoury strudel was filled with seared O'Brien Farm's rib-eye steak, shiitake mushrooms, organic potatoes, leeks, baby spinach, sweet onions, herbs and reduced red wine from Niagara. It was a winning combination. The plate was garnished with chunks of salted cucumber and a rustic radish.

My friend had the vegetarian flat bread with tomatoes, cilantro, onions and local chèvre that was equally tasty and worthy of a revisit.

42 Crichton Street Fine Food is mighty fine, but shhh ... let's keep it a secret.

Visiting the restaurant

42 Crichton Street Fine Foods

Address. 42 Crichton St.

Phone. 613-741-0099

Rating. 4.5/5

Reservations. No

Lunch with co-workers. No

Social lunch. No

Quick solo lunch. Yes (take-out)

Wedding etiquette

Tips for small talk

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles the Butler! When I go to my friends' weddings, like everyone else I have to sit at a table of about 10 people, but I often don't know most of them. Am I honestly expected to talk to these strangers at my table?

It would be very rude to arrive at a dinner table, sit down, and not speak to anyone except the person beside you!

Yes, you need to socially make an effort and try to introduce yourself to all of the others at the table and you need to make polite conversation with them.

Now often people have trouble making "small talk" as they do not know what to say, so here is a trick I teach people. Read the newspaper the morning of your event. By reading the paper, this allows you to know what is going on around the world and have topics of conversations with people as this gives you many, many things to talk about. If you can't get a paper, listen to the news on the radio or go online.

When at a wedding, it's considered rude to ignore the strangers at your table. Try to make conversation. ISTOCK

Go-getter sends email survey to woman after dates

We all remember ye olde tale of the online dater who organized his potential matches using a spreadsheet rankings of the women on a scale of one to 10.

Now, brace yourself for the latest star of the awkward dating techniques show.

Meet Mike, a 24-year-old finance worker based in Philadelphia, who is just looking for a little feedback. Unfortunately for him, his former dating partner seized the opportunity to humiliate him after she was sent a survey about her interaction with Mike once they agreed to stop seeing each other.

The young woman met Mike on OKCupid and told Deadspin blog that he is "six feet, overall moderately attractive." However, after a few dates, she realized it just wasn't "there."

"He struck me as a little socially inept hence why I was starting to doubt the 'non-physical' attraction," she told Deadspin. "He wasn't too creepy, just the type of guy who over analyzes every detail and feels completely awkward in the majority of social situations. It didn't seem like he got out much."

And that's when Mike sent the survey...in an email ... with a subject line including a Romeo & Juliet passage.

"Good Night, Good night! Parting is such sweet sorrow, that I shall say good night till it be morrow," if you must know.

So what is it that Mike wants to know? Basically, all of the questions everyone wonders after a date, but never ever asks because it would be super weird and socially inappropriate to do so. For example, "Mike is very masculine. At any point; did you feel he was compensating for anything?"

Here's another perfectly reasonable question: "Are you a feminist? — your answer is for informational purposes only."

Also, in case she wanted to leave Mike any final thoughts, he included an area where she could "feel free to use the space below to draw Mike a picture."

This guy needs to know when to call it quits. ISTOCK

METRO NEW YORK

OTTAWA GOLD

Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

WE PROMISE YOU...

The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at www.OttawaGold.ca

Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	$1,552.56/coin
9999 Canada Maple leaf, less than 1 ounce	$49.92/g
24k Jewellery	$39.21/g
22k	$35.91/g
E. Indian/Nuggets	$31.83/g
18k	$29.40/g
14k and dental	$22.86/g
10k	$16.31/g
9k	$14.70/g
8k/antique gold	$9.80/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	$1,495.66
Gold 10 ounce (Recognized)	$14,875.28
Gold 1kg (Recognized)	$47,824.03
Gold bars, less than 1 ounce (Recognized)	$47.83/g
999 Gold bar (Unrecognized)	$46.52/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	$29.08/coin

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	$0.58/g
Stamped Sterling Silver Jewellery	$0.55/g
Mexican Silver stamped 925	$0.47/g
Stamped 800 Silver	$0.45/g
Unstamped scrap silver	$0.30/g
Other silver coins	$0.62/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-05-18, 16:26:09 PM

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: $4,423.41

Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: $251.73

Example Purchase 3:

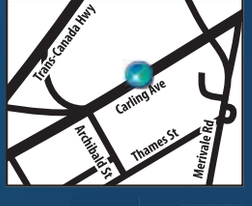
Purity: 14k • Weight: 183.30g

PRICE: $4,190.24

613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm • Sunday, 12pm to 4pm



www.ottawagold.ca

Pay down your mortgage.

Occasionally 'what happens in Vegas' actually follows you home. ISTOCK IMAGES

What to do when someone 'shows you the money'

Financial windfall. It's not a dilemma we often have but sometimes a pile of cash comes your way. So what should you do with it?

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

"A divorce," once noted Margaret Atwood, "is like an amputation: you survive it, but there's less of you." This usually means financially too.

But a friend of a colleague here at Metro, is exiting her marriage with a slightly fatter wallet, $20,000 to be exact. And now she's wondering what to do with it.

Confession. After my own divorce eons ago I bought a red telephone and a sexy green Karmann Ghia. However, with the wisdom of time at my disposal, I'd suggest something different.

First of all, take a breath; park the $20,000 in a short term GIC or high interest savings account for at least a couple of months until the emotional dust settles a bit.

Second, after a windfall of any kind, ask the question, "Who are you?" Spending, saving and investing is entirely dependent on your personality and situation. A young, safely employed, debt-less divorcee with no kids could justify a fab trip, a killer new wardrobe or cool wheels.

On the other hand, debt, dependents and dreams might steer you in a different path. Let's say you have sizeable RRSP (registered retirement savings plan) contribution room. Deploying most of the funds to retirement savings might yield a nice refund next year, which could then be used to pay down debt.

If kids are in the picture dividing the money up between an RRSP and an RESP (registered education savings plan) would provide a smaller tax refund but the RESP deposit will attract a 20 per cent government grant.

Now to dreams! I always advise those receiving a windfall to do a little dreaming about the future. It could be more education, a home or even a business. A few years back one reader took a chunk of her divorce settlement and bought a commercial grade sewing machine, cutting table and fitting dummy. She now has a internet business custom sewing for hard-to-fit folk.

If you have kids you might want to indulge their dreams also. But take care with this because spending to assuage the pain of divorce is a temporary bandage at best.

Next week, I'll offer a few ideas for investing the windfall.

Alison's money rule

Financial windfalls are rare. Treasure them and be slow to make spending decisions.

Statistic

4/10

Four in 10 Canadian marriages end in divorce

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Owning your home shouldn't come at the expense of living.
Life adds up. Your finances should too.
CIBC Wealth Builder Mortgage™
GREAT LOW RATE
EARN $6,000 IN SAVINGS[1]
Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account no monetary value and can only be redeemed according to the rules established by Aeroplan Canada Inc. Aeroplan Miles cannot be transferred to another person.

House hunting

Activating Plan B – become a future landlord

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesliescorgie

What makes for a profitable rental income property? ISTOCK IMAGES

I cannot help my frugal self — I refuse to pay more for something than it's worth. I'm nearing 30 days left before my house sale closes and I cannot seem to find a new property that fits my criteria AND has reasonable potential for added value.

So, this week I began exploring an entirely new home-buying idea. What if, instead of succumbing to the pressure to buy an over-priced inner-city detached home, I bought with an entirely new set of criteria; a small, centrally located condo with high rental income potential?

I'll live in it for a few years, and when I finally do find the right shack, I can rent out the condo and move into my more affordably priced dream home.

This idea led me to hours of Google research to determine what characteristics I should look for in a profitable rental income property.

Buying in a good neighbourhood will help attract quality tenants. If you would like to rent to a family, the property needs to be located near schools and playgrounds.

Proximity to downtown would be important in attracting a downtown professional. A low neighbourhood crime rate would make tenants feel safe.

Locations that have growing employment opportunities attract a high volume of potential tenants. You can determine which communities are growing by researching on Statistics Canada or by visiting your local librarian.

Municipal planning departments can inform you on **what other developments are set to take place near your rental property**. Generally speaking, if there's significant development zoned for your area, like malls or condos, growth is expected. But certain developments, like a major thoroughfare could increase noise and decrease green-space which will hurt your tenant prospects.

Vacancy rates indicate how successful you'll be at attracting tenants. Low vacancy rates allow landlords to maintain or raise rental rates. Alternatively, high vacancy rates force landlords to lower rents to scoop up tenants.

The **condition of the property** can be determined by a home inspector. Avoid ones with structural integrity issues. Inexpensive aesthetic changes can be made to 'healthy' properties that will attract tenants.

Rental rate will determine whether the property is to be profitable. If the rent is not enough to cover the mortgage, condo fees, and taxes, keep looking around.

The bottom line on rental properties is that they're supposed to contribute to your equity and monthly cash flow, not the opposite. In my case, it may serve a secondary purpose — it buys me time to find the right house while building up a long-term investment.

Build up your savings.

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1] *On a $400,000 mortgage. Conditions apply. Ask for details.*

Ask about how you can earn up to 25,000 Aeroplan® Miles.[2]

aeroplan

CIBC FOR WHAT MATTERS.

for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. [2]Only one Aeroplan Account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have
®Aeroplan is a Registered Trademark of Aeroplan Canada Inc. Offer expires June 30, 2012. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

4
SPORTS

On the web

Devils swap Sykora out for Game 4

The New Jersey Devils replaced Petr Sykora with centre Jacob Josefson in its lineup for Monday night's Game 4 against the New York Rangers with hopes of igniting a suddenly stagnant offence. Go to metronews.ca/sports for coverage of Game 4.

On the web

Peyton Manning suited up for his first full practice with the Broncos on Monday and according to Denver cornerback Champ Bailey, the four-time MVP "hasn't missed a beat" after being sidelined for over 16 months with a neck injury. Scan the code for the story.

Kings centre Mike Richards shoots on Coyotes goalie Mike Smith on Sunday in Los Angeles. MARK J. TERRILL/THE ASSOCIATED PRESS FILE

Kings redefining power in the playoffs

NHL. L.A. on cusp of cup-final berth despite lacklustre results with man advantage

The Los Angeles Kings could go on to prove the power play is overrated in the NHL playoffs.

The Kings have but six goals in 70 power-play chances — more chances than any of the remaining teams. They're clicking along at 8.6 per cent, even lower than the power-play-bereft Boston Bruins last year.

And the Kings are nonetheless a win away from a berth in the Stanley Cup final.

"The Boston Bruins won the cup," said Kings coach Darryl Sutter.

The Bruins won last year with a power play that clicked at 11.4 per cent efficiency. That was 14th among the 16 teams that made the post-season, and last among the eight that advanced to the second round.

The Kings' extra-man unit is rated 15th among the 16 teams that made the playoffs and dead last among teams that made it out of the first round. They scored on 17 per cent of their man-advantage situations in the regular season.

The Coyotes — the Kings' Western Conference final opponent — aren't much better, at 13.6 per cent, 11th among post-season teams.

"There's not many power plays in the playoffs," said Sutter. "It basically boils down to your top guys. Sometimes you do and sometimes you don't."

That said, the Kings don't want to take any chances. After another 0-for-the-power-play in Sunday's 2-0 loss, Kings captain Dustin Brown skated out early to Monday's optional practice to work on deflecting the puck.

"I've been having a lot of tip opportunities and I've been missing them," said Brown. "You only get one or two opportunities in the game to tip a puck and I just wanted to work on it a little bit."

The Kings need one more win to get to the final, something they could secure with a Game 5 win Tuesday night in Glendale, Ariz.

TORSTAR NEWS SERVICE

Phantom power

Recently, having the top power play has not guaranteed a cup.

- In 2010, Chicago (22.5 per cent) won with the third-best power play of teams that made it past the second round.
- In 2009, Pittsburgh (20.6 per cent) had the sixth-best of the teams that made it to the second round.

Tennis

Nadal claims one more title on clay

Rafael Nadal showed Novak Djokovic he's still the man to beat on clay, defeating the top-ranked Serb 7-5, 6-3 Monday in a rain-delayed final to win his record sixth Italian Open.

After losing to Djokovic in seven straight finals, Nadal has now won two in a row against the Serb after also taking the Monte Carlo Masters title on clay.

"I don't think I played that well, I can do better," Nadal said. "When you are not serving 100 per cent perfect then you are in trouble, because he returns hard. I am trying to play more aggressive."

With the French Open starting Sunday, both players said they have room to improve. THE ASSOCIATED PRESS

Rafael Nadal, left, and Novak Djokovic on Monday in Rome. GETTY IMAGES

MLB

Jays' Arencibia rewarded for stellar week

Toronto Blue Jays catcher J.P. Arencibia was named the American League player of the week on Monday.

Arencibia had four home runs, 10 RBIs and seven runs scored in six games last week. He batted .360 and went 9-for-25 during that span.

It's the 26-year-old's first weekly MLB honour and marks the first time a Blue Jays catcher has won the award.

THE CANADIAN PRESS

Ottawa Sport Plus
REGISTRATION: ONLINE ONLY
www.ottawasportplus.com
For more information:
613-220-2266
Summer Adult Coed
Beach & Grass Volleyball
RECREATIONAL TO COMPETITIVE LEVELS
LEAGUES START LATE MAY AND RUN THROUGH UNTIL END OF AUGUST 2012
CHOOSE FROM TUESDAY TO THURSDAY NIGHT PLAY
JOIN AS A TEAM OR INDIVIDUAL

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	27	15	.643	—
Tampa Bay	25	17	.595	2
Toronto	23	19	.548	4
New York	21	20	.512	5½
Boston	20	21	.488	6½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	23	18	.561	—
Chicago	21	21	.500	2½
Detroit	20	21	.488	3
Kansas City	16	24	.400	6½
Minnesota	14	27	.341	9

WEST DIVISION

	W	L	Pct	GB
Texas	26	16	.619	—
Oakland	21	21	.500	5
Seattle	19	24	.442	7½
Los Angeles	18	24	.429	8

Last night's results
Boston at Baltimore
Kansas City at N.Y. Yankees
Toronto at Tampa Bay
L.A. Angels at Oakland

Tonight's games

All Times Eastern
Boston (Doubront 4-1) at Baltimore (Matusz 3-4), 7:05 p.m.
Detroit (Porcello 3-3) at Cleveland (Jimenez 4-3), 7:05 p.m.
Kansas City (Hochevar 3-4) at N.Y. Yankees (P.Hughes 3-5), 7:05 p.m.
Toronto (Hutchison 3-1) at Tampa Bay (M.Moore 1-4), 7:10 p.m.
Minnesota (Walters 1-1) at Chicago White Sox (Floyd 3-4), 8:10 p.m.
L.A. Angels (C.Wilson 4-4) at Oakland (Godfrey 0-3), 10:05 p.m.
Texas (M.Harrison 4-3) at Seattle (Noesi 2-4), 10:10 p.m.

Tomorrow's games
Boston at Baltimore, 12:35 p.m.
Toronto at Tampa Bay, 1:10 p.m.
L.A. Angels at Oakland, 3:35 p.m.
Texas at Seattle, 3:40 p.m.
Detroit at Cleveland, 7:05 p.m.
Kansas City at N.Y. Yankees, 7:05 p.m.
Minnesota at Chicago White Sox, 8:10 p.m.
Texas at Seattle

INTERLEAGUE

Sunday's results
Cincinnati 5, N.Y. Yankees 2
Miami 5, Cleveland 3
Detroit 4, Pittsburgh 3
N.Y. Mets 6, Toronto 5
Washington 9, Baltimore 3
Boston 5, Philadelphia 1
Atlanta 2, Tampa Bay 0
Texas 6, Houston 1
Arizona 2, Kansas City 0
Milwaukee 16, Minnesota 4
Chicago White Sox 6, Chicago Cubs 0
Seattle 6, Colorado 4
San Diego 3, L.A. Angels 2, 13 innings
Oakland 6, San Francisco 2

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	26	16	.619	—
Washington	24	17	.585	1½
Miami	22	19	.537	3½
New York	22	19	.537	3½
Philadelphia	21	21	.500	5

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	22	19	.537	—
Cincinnati	21	19	.525	½
Pittsburgh	19	22	.463	3
Houston	18	23	.439	4
Milwaukee	17	24	.415	5
Chicago	15	26	.366	7

WEST DIVISION

	W	L	Pct	GB
Los Angeles	28	13	.683	—
San Francisco	21	20	.512	7
Arizona	19	23	.452	9½
San Diego	16	26	.381	12½
Colorado	15	25	.375	12½

Last night's results
N.Y. Mets at Pittsburgh
Washington at Philadelphia
Atlanta at Cincinnati
Colorado at Miami
Chicago Cubs at Houston
San Francisco at Milwaukee
San Diego at St. Louis
L.A. Dodgers at Arizona

Sunday's result
L.A. Dodgers 6, St. Louis 5

Tonight's games — All Times Eastern
N.Y. Mets (Dickey 5-1) at Pittsburgh (Ja.McDonald 3-2), 7:05 p.m.
Washington (Zimmermann 2-4) at Philadelphia (Halladay 4-3), 7:05 p.m.
Atlanta (Beachy 5-1) at Cincinnati (Latos 2-2), 7:10 p.m.
Colorado (Nicasio 2-1) at Miami (Nolasco 4-2), 7:10 p.m.
Chicago Cubs (T.Wood 0-0) at Houston (Happ 3-3), 8:05 p.m.
San Francisco (M.Cain 3-2) at Milwaukee (Marcum 2-2), 8:10 p.m.
San Diego (Volquez 2-3) at St. Louis (Wainwright 2-5), 8:15 p.m.
L.A. Dodgers (Harang 3-2) at Arizona (Cahill 2-4), 9:40 p.m.

SUNDAY

METS 6, BLUE JAYS 5

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Aflors dh	4	1	0	0	KJhnsn 2b	5	0	1	0
Baxter lf	4	2	3	1	YEscor ss	3	0	0	0
DWrght 3b	4	1	2	2	Bautist dh	5	1	3	2
Duda rf	4	1	0	0	Encrnc 1b	5	0	0	0
DnMrp 2b	5	0	1	1	Arencii c	5	1	2	0
Niwnhs cf	3	0	1	1	Thams lf	5	1	1	1
I.Davis 1b	4	0	1	1	BFrncs rf	1	1	0	0
Hairstn ph	1	0	0	0	RDavis rf	2	0	0	0
Turner 1b	0	0	0	0	Rasms cf	3	0	1	1
Cedeno ss	5	1	2	0	YGoms 3b	2	1	1	1
RJhnsn c	4	0	2	0					
Totals	**38**	**6**	**12**	**6**	**Totals**	**36**	**5**	**9**	**5**
New York					**310 020 000**		**6**		
Toronto					**011 000 120**		**5**		

E—Cedeno (2), Nieuwenhuis (2). DP—New York 1. LOB—New York 11, Toronto 10. 2B—Baxter (7), D.Wright (14), Nieuwenhuis (7), I.Davis (4), Ro.Johnson (1), Arencibia (7), Thames (6). 3B—Baxter (1). HR—Bautista (11).

	IP	H	R	ER	BB	SO
New York						
Gee W,3-3	6 2-3	5	3	3	4	6
Parnell H,9	1	3	2	2	0	1
Byrdak H,10	1-3	0	0	0	0	0
F.Francisco S,10-12	1	1	0	0	1	3
Toronto						
H.Alvarez L,3-4	5	9	6	6	2	3
L.Perez	2	0	0	0	1	2
Villanueva	1	3	0	0	1	2
Oliver	2-3	0	0	0	2	1
Cordero	1-3	0	0	0	0	1

T—3:15. A—41,867 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	12	8	3	1	25	17	25
D.C. United	14	7	4	3	25	17	24
Kansas City	11	7	3	1	15	9	22
Chicago	10	4	3	3	12	12	15
Houston	10	3	3	4	10	11	13
New England	11	4	6	1	14	15	13
Columbus	10	3	4	3	9	12	12
Montreal	12	3	6	3	13	18	12
Philadelphia	10	2	6	2	8	13	8
Toronto	9	0	9	0	7	21	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	13	8	3	2	19	12	26
San Jose	12	7	2	3	23	13	24
Seattle	11	7	2	2	15	6	23
Vancouver	11	5	3	3	12	13	18
Colorado	12	5	6	1	17	16	16
Chivas USA	11	4	6	1	7	12	13
Dallas	13	3	6	4	12	19	13
Portland	11	3	5	3	11	14	12
Los Angeles	11	3	6	2	12	16	11

Note: Three points for a win, one for a tie.

Sunday's result
Portland 2 Chicago 1

Saturday's results
Seattle 2 Vancouver 2
D.C. United 3 Toronto 1
New York 2 Montreal 1
Houston 2 New England 2
Philadelphia 1 Dallas 1
Kansas City 2 Colorado 2
Chivas USA 1 Los Angeles 0
Columbus 1 San Jose 1

Tomorrow's games
Chivas USA at New York, 7 p.m.
Dallas at Chicago, 8:30 p.m.
Columbus at Seattle, 10 p.m.
San Jose at Los Angeles, 10:30 p.m.

Saturday, May 26
Los Angeles at Houston, 2:30 p.m.
Philadelphia at Toronto, 4:30 p.m.
Chicago at Columbus, 7 p.m.
New England at D.C. United, 7:30 p.m.
Dallas at Real Salt Lake, 9 p.m.
Montreal at Colorado, 9 p.m.
Vancouver at Portland, 10 p.m.
Seattle at Chivas USA, 10:30 p.m.

Sunday, May 27
San Jose at Kansas City, 4:30 p.m.

UEFA CHAMPIONS LEAGUE

Saturday's result

CHAMPIONSHIP

At Munich
Bayern Munich 1 Chelsea 1 (ET)
(Chelsea wins 4-3 on penalties)

LACROSSE

NLL PLAYOFFS

CHAMPIONSHIP

Saturday's result
Rochester 9 Edmonton 6

TENNIS

ATP-WTA ITALIAN OPEN

At Rome

Yesterday's results

Men

Singles

Championship
Rafael Nadal (2), Spain, def. Novak Djokovic (1), Serbia, 7-5, 6-3.

NHL

STANLEY CUP PLAYOFFS

CONFERENCE FINALS

(Best of 7)
All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. NEW JERSEY (6)
(Series tied 1-1)

Last night's result
N.Y. Rangers at New Jersey

Saturda's result
N.Y. Rangers 3 New Jersey 0

Tomorrow's game
New Jersey at N.Y. Rangers, 8 p.m.

Friday, May 25
x-N.Y. Rangers at New Jersey, 8 p.m.

Sunday, May 27
x-New Jersey at N.Y. Rangers, 8 p.m.

WESTERN CONFERENCE

PHOENIX (3) VS. LOS ANGELES (8)
(Los Angeles leads series 3-0)

Sunday's result
Phoenix 2 Los Angeles 0

Tonight's game
x-Los Angeles at Phoenix, 9 p.m.

Thursday's game
x-Phoenix at Los Angeles, 9 p.m.

Saturday, May 26
x-Los Angeles at Phoenix, 9 p.m.
x — played only if necessary.

SUNDAY

COYOTES 2, KINGS 0

First Period
1. Phoenix, Doan 4 (Whitney) 14:19 (pp)

Penalties — Whitney Pho (roughing) 1:15, Stoll LA (cross-checking) 6:52, Yandle Pho (roughing), Fraser LA (slashing) 8:12, Aucoin Pho (hooking) 9:24, Williams LA (goaltender interference) 13:54.

Second Period
2. Phoenix, Doan 5 (Vermette) 11:10

Penalties — Doan Pho (slashing) 4:09, Yandle Pho (roughing) 13:09, Martinez LA (holding) 14:26.

Third Period
No Scoring.

Penalties — Doan Pho, Morris Pho, Richardson LA (roughing) 3:49, Vermette Pho (hooking) 19:53.

Shots on goal by

Phoenix	5	9	7	21
Los Angeles	10	13	13	36

Goal — Phoenix: Smith (W,9-6-0); Los Angeles: Quick (L,11-2-0).

Power plays (goals-chances) — Phoenix: 1-3; Los Angeles: 0-6.

Referees — Chris Lee, Kelly Sutherland. **Linesmen** — Derek Amell, Jonny Murray.

Attendance — 18,402 (18,118).

SATURDAY

RANGERS 3, DEVILS 0

First Period
No Scoring.

Penalties — Stepan NYR (hooking) 5:11, Kovalchuk NJ (high-sticking) 15:23.

Second Period
No Scoring.

Penalties — Rupp NYR (tripping) 10:35, Mitchell NYR (interference) 14:04.

Third Period
1. N.Y. Rangers, Girardi 3 (Richards) 3:19 (pp)
2. N.Y. Rangers, Kreider 5 (McDonagh, Callahan) 5:16
3. N.Y. Rangers, Callahan 4 (Boyle, Fedotenko) 17:47 (en)

Penalties — Salvador NJ (hooking) 2:11, Staal NYR (holding stick) 8:09, Richards NYR (interference) 15:06, Prust NYR (roughing) 20:00.

Shots on goal by

N.Y. Rangers	5	9	8	22
New Jersey	11	15	10	36

Goal — N.Y. Rangers: Lundqvist (W,10-7-0); New Jersey: Brodeur (L,9-5-0).

Power plays (goals-chances) — N.Y. Rangers: 1-2; New Jersey: 0-5.

Referees — Kevin Pollock, Brad Watson. **Linesmen** — Shane Heyer, Jay Sharrers.

Attendance — 17,625 (17,625).

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best of 7)
All Times Eastern

EASTERN CONFERENCE

MIAMI (2) VS. INDIANA (3)
(Series tied 2-2)
Sunday Result
Miami 101 Indiana 93
Thursday Result
Indiana 94 Miami 75
Tuesday Game
Indiana at Miami, 8 p.m.
Thursday Game
Miami at Indiana, 8 p.m.
Saturday, May 26
x-Indiana at Miami, TBD

BOSTON (4) VS. PHILADELPHIA (8)
(Boston leads series 3-2)

Last night's result
Boston 101 Philadelphia 85

Friday's result
Philadelphia 92 Boston 83

Tomorrow's game
Boston at Philadelphia, 8 p.m.

Saturday, May 26
x-Philadelphia at Boston, TBD

WESTERN CONFERENCE

SAN ANTONIO (1) VS. L.A. CLIPPERS (5)
(San Antonio wins series 4-0)

Sunday's result
San Antonio 102 L.A. Clippers 99

Saturday's result
San Antonio 96 L.A. Clippers 86

OKLAHOMA CITY (2) VS. L.A. LAKERS (3)
(Oklahoma City leads series 3-1)

Last night's result
L.A. Lakers at Oklahoma City

Saturday's result
Oklahoma City 103 L.A. Lakers 100

Friday's result
L.A. Lakers 99 Oklahoma City 96

Tomorrow's game
x-Oklahoma City at L.A. Lakers, 10:30 p.m.

Sunday, May 27
x-L.A. Lakers at Oklahoma City, TBD
x - played only if necessary.

GOLF

PGA BYRON NELSON CHAMPIONSHIP

At Irving, Texas
Par 70 (35-35) — Final Round

Jason Dufner (500), $1,170,000	67-66-69-67—269
Dicky Pride (300), $702,000	66-68-69-67—270
Jonas Blixt (134), $312,000	68-70-67-66—271
Joe Durant (134), $312,000	70-71-65-65—271
J.J. Henry (134), $312,000	68-68-67-68—271
Marc Leishman (134), $312,000	65-69-71-66—271
Ken Duke (88), $209,625	69-67-72-66—274
Phil Mickelson (88), $209,625	70-69-69-66—274
Jason Bohn (68), $156,000	70-70-67-68—275
Jason Day (68), $156,000	68-68-67-72—275

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP

SEMIFINALS
Saturday's results
At Helsinki
Russia 6, Finland 2
Slovakia 3, Czech Republic 1
Sunday's result
At Helsinki
Bronze Medal
Czech Republic 3, Finland 2
Gold Medal
Russia 6, Slovakia 2

CHAMPIONS

2012 — Russia
2011 — Finland
2010 — Czech Republic
2009 — Russia
2008 — Russia
2007 — Canada
2006 — Sweden
2005 — Czech Republic
2004 — Canada
2003 — Canada
2002 — Slovakia
2001 — Czech Republic
2000 — Czech Republic
1999 — Czech Republic
1998 — Sweden
1997 — Canada
1996 — Czech Republic
1995 — Finland
1994 — Canada
1993 — Russia
1992 — Sweden
1991 — Sweden
1990 — Soviet Union
1989 — Soviet Union
1988 — Winter Olympics
1987 — Sweden
1986 — Soviet Union
1985 — Czechoslovakia
1984 — Winter Olympics
1983 — Soviet Union
1982 — Soviet Union
1981 — Soviet Union
1980 — Winter Olympics
1979 — Soviet Union
1978 — Soviet Union
1977 — Czechoslovakia

MEMORIAL CUP

CANADIAN MAJOR JUNIOR CHAMPIONSHIP

At Shawinigan, Que.
All Times Eastern
ROUND ROBIN

Last night's result
Edmonton vs. Saint John

Sunday's result
Shawinigan 6 London 2

Saturday's result
London 5 Saint John 3

Tuesday Game
London vs. Edmonton, 7 p.m.

Wednesday Game
Shawinigan vs. Saint John, 7 p.m.

Thursday, May 24
Tiebreaker (if required)
Third vs. Fourth Places, 7 p.m.

Friday, May 25
Semifinal
Second vs. Third Places, 7 p.m.

Saturday, May 26
No Games Scheduled.

Sunday, May 27
Championship

Become a Health Industry Professional!
Health Office Administrator - 41 Week Diploma Program
The Willis College Health Office Administrator Diploma Program is an intensive 9-month program designed to prepare students for a career in Health Care. Graduates of the Willis College Health Office Administrator program can work in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.
613-233-1128 • www.williscollege.com
Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie
WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Chris Paul, right, attempts a shot in the last seconds of Game 4 as Tim Duncan defends on Sunday in Los Angeles. The Spurs won 102-99.
MARK J. TERRILL/THE ASSOCIATED PRESS

Spurs not ready to pass the torch

NBA. San Antonio players say they aren't thinking much about their 18-game streak

Eighteen wins in a row, and eight more victories to go.

That says it all about how the San Antonio Spurs are steamrolling through these playoffs at a pace that is flirting with NBA history, even if they are saying as little about it as possible.

"We don't have any secret. We don't even think about it," Spurs guard Tony Parker said.

There's plenty for everyone else to mull.

Like whether these Spurs — some 13 years after winning their first of four championships — actually might be the best version yet as they get ready for their first Western Conference finals since 2008. They'll play either the Los Angeles Lakers or Oklahoma City. If the Thunder wins Monday night, Game 1 will be Sunday in San Antonio.

With the Spurs facing another weeklong break until their next series — just as they had after sweeping Utah in the first round — Parker said before leaving Los Angeles that he won't pass the time weighing where this run is starting to stack up in the Tim Duncan era.

"Until we go all the way, I can't compare this team," Parker said.

Duncan, who's averaging 17.6 points and nine rebounds in the playoffs, at least acknowledged getting the same vibe as he felt during championship runs in 1999, 2003, 2005 and 2007.

But that's as much as he's willing to say.

"It feels a lot like some of the other championship teams. In saying that, we haven't done anything yet," Duncan said. "We've won two rounds. We haven't done anything so you can't qualify, or classify our team as anything other than that we've gotten this far."

That's not entirely true: these Spurs can be classified as higher-scoring, better-shooting and more balanced than in any of their four championship seasons.

THE ASSOCIATED PRESS

Winning streak

- Sweeping the Clippers last weekend put San Antonio's winning streak among the 10 longest in league history — tied for fifth along with Michael Jordan's 72-win Chicago Bulls in 1996, among others.
- Eighteen straight victories is a franchise record, and getting to 19 would tie the 2001 Lakers for the record of longest winning streak kept alive in the post-season.

NBA

Van Gundy, Smith ushered out of Orlando

The Magic fired coach Stan Van Gundy and split with general manager Otis Smith on Monday after a season-long soap opera with Dwight Howard and another early playoff exit.

"It's time for new leadership and new voices," Orlando CEO Alex Martins said in a statement. "We feel our momentum towards winning a championship has paused."

Smith and Van Gundy's relationship with Howard weighed down the team all season after the all-star centre requested a trade.

Orlando went 37-29 but was ousted in five games by Indiana after a rash of injuries, including back surgery for Howard.

THE ASSOCIATED PRESS

Stan Van Gundy GETTY IMAGES

HELP WANTED

Medical/Dental

Webpage Designer/ Dental Administrator Exp. in Dental Clinic Admin/Terminology HTML/XHTML Certif. in web design; Fluency in Persian/Farsi is an asset; Contact by e-mail: 7dentalresponse@gmail.com

Education

NOW HIRING SECURITY GUARDS
Up to $18/hr
No Experience Required
Employment Guaranteed
Ottawa: (613) 238-1812

Business Opportunities

HELP WANTED
Are you mature, set high standards for yourself and desire the opportunity for above average income? Contact Alvaro (613)7840343

HOUSEHOLD SERVICES

M.J.M. VACUUMS
1061 Merivale Rd., Ottawa
Call John at: 613-724-4777
Central vacuums starting at
$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com

Business Opportunities

Need Extra Income?
Turn 5 - 15 hours a week into $1000 to $5000 +/month on your computer.
Free online training. Flexible hours.
www.toyourgoodhealth.net

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

AUTOMOTIVE

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!
WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS.
PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

like us metro

SERVICES

Financial

Need Ca$h Today?
Loans up to $10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

like us metro

Mortgages

OWN A HOME?
Loaded with Debt? I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649 Lic:10717

Legal

FACING CRIMINAL CHARGES? GET HELP!
MARSHMAN LAW
Criminal Defence Lawyer
613-755-4020
613-850-9332 (24 hrs)

SELL YOUR STUFF FOR FREE in the classifieds!
Call 1-800-527-6767 to place your free ad!
Limit 2 per week • Size 1.535" X .542"

Brought to you by:

The Flea Market
at Rideau Carleton Raceway
EVERY SUNDAY
FREE ADMISSION
613-749-0483
WWW.RCRFLEAMARKET.COM
4837 Albion Rd. Ottawa Ontario K1X 1A3

• 2 golf sets, $55- $90 including some gloves, balls, timer and golf bags • 2 Bowling Balls with Bag $30, • Size 10 mens bowling shoes $30 (613)723-2471	Black and Decker Adjustable Work Table Good Condition Asking $75 OBO (613)744-8236	Easel, paint, new brushes & canvas $100 Phone 721-6054 for details	Ikea Chair and Foot Stool Excellent Condition $75.00 902-866-6050	Pack 'n' Play Sport Playpen $35 613-733-2289	Two Pair's of Inline Skates!! Women's size 6.5 - $40 Men's size 8.5 -$40 Phone 721-6054
4 Winter tires for sale! Slightly used!! Moving Sale! 205/55R 16" BEST OFFER (613)422-3142	BLANKET BOX Upholstered covering 18 x 16 x 27.5 $25.00 OBO 613-820-0965	FRONT DOOR 32 x 75 White 613-731-0658	KITCHEN SET Round table and 2 chairs Asking $20.00 613-731-0658	Queen mattress & boxspring - 4 Set Brand new! Call 613-720-6478 after 6pm	Two sliding glass doors - $50 Call after 6pm 613-720-6478
4 Winter tires for sale! Slightly used!! Moving Sale! 205/55R 16" BEST OFFER (613)422-3142	Craftsman Table Saw $100 519-476-5138	GIBBARD DINING SET Hutch & Buffet server. Excellent condition. Asking $500 613-440-4688	Man's Bike 26 inch Asking $20.00 613-731-0658	SINGLE FOLDING BED Asking $20.00 613-731-0658	WANTED to purchase a good used guitar; Gibson or Martin would be great. Please contact me at 613-829-3581
Artec Snow Board 145cm long $300 (613)769-2706	Durasol Retractable Awning Like New 14 feet wide by 12 feet projection White & Green Stripes, Fully Motorized with Remote $1500 OBO (613)215-0535	High end sofa, like new - $200 Lg. Solid Oak entertainment stand - $160 Must go asap! Call 613-293-8749	Nortic Track 505 Exercise Unit Great Condition Steel Frame with Oak wood $600 BEST offer accepted (613)266-1972	Sylvania Flat Screen Color TV 15 inch $50.00 OBO 613-820-0965	XBox 360 - New in Box! 350 GB with 2 Games $225 Call 613-747-0060

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

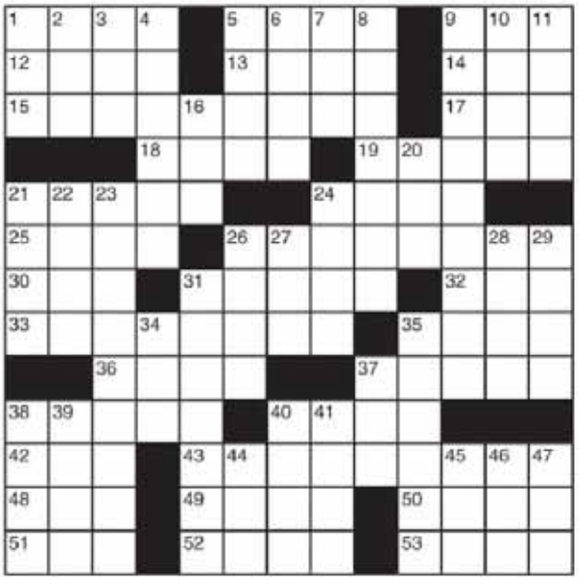
Crossword

Across

1 Record
5 Dieter's target
9 Satchel
12 Ontario neighbor
13 Staffer
14 Altar affirmative
15 Big rat
17 Hair-care product
18 Congregational cry
19 Stormed
21 Puny one
24 "David Copperfield" girl
25 Congers
26 Fleet of ships
30 Ms. MacGraw
31 Nut-bearing hardwood tree
32 Chic no longer
33 Washington volcano
35 Horseback game
36 Caspian Sea feeder
37 Arise
38 Actress Black
40 Aspiration
42 Past
43 Unpredictable venture
48 Writer Buscaglia
49 Enormous
50 Initial stake
51 NYC winter hrs.
52 "Zounds!"
53 Apportion

Down

1 Society newbie
2 401(k) alternative
3 Sermon subject
4 Lebanon trees
5 Confront
6 Yellow Brick Road follower
7 Big bother
8 Promise to wed
9 Oaf
10 "Zip- — -Doo-Dah"
11 Prospector's dream
16 Mischievous tyke
20 "Exodus" figure
21 Pekoe et al.
22 Lump raised by a blow
23 Secretary of war, 1899-1904
24 Medical types
26 Sense
27 Author Deighton
28 Humdinger
29 On
31 A Streetcar Named Desire role
34 Before
35 The Taking of — One Two Three
37 Petrol
38 Hardy cabbage
39 Quite some time
40 Enthusiastic
41 Newspaper page
44 Bad hairpiece
45 A Chorus Line song
46 Mel of Cooperstown
47 Driving site



Sudoku

3			9	4				6
	1					3	5	
	6			7	5			9
					7			1
		8				7		
1			2					
9			8	5			6	
	2	7					8	
5				9	4			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	2	8	7	5	9	3	1	4
5	9	1	2	4	3	8	7	6
3	4	7	1	8	6	5	9	2
4	6	3	8	2	7	9	5	1
8	7	2	5	9	1	6	4	3
9	1	5	3	6	4	7	2	8
7	3	9	6	1	2	4	8	5
2	8	6	4	7	5	1	3	9
1	5	4	9	3	8	2	6	7

Friday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

JUPL ARV ZQPPM KRLZJQGMPQ XQEPL PLMUVKGXKMGBXEEA, RLP BRVEF KVWWRKP MUXM ARV UPQXEF UXQREF.

Yesterday's Cryptoquip: IF A CHURCH PASTOR IS VERY FRIENDLY AND GREGARIOUS, I'D HAVE TO SAY HE'S A PEOPLE PARSON.

Today's Cryptoquip Clue: A equals Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Keep your wits about you today, because the planets indicate there is money to be made.

Taurus | April 21 - May 21. As from today there should be no further doubts about what it is you desire and what it is you intend to do with your life.

Gemini | May 22 - June 20. Some thoughts can be shared and some thoughts are best kept to yourself.

Cancer | June 21 - July 22. There is a lot you can do on your own but there is absolutely nothing you cannot do with like-minded friends by your side.

Leo | July 23 - Aug. 22. If ever there was the perfect time to impress employers and other important people that time is now. Be brilliant.

Virgo | Aug. 23 - Sept. 22. You may have an overwhelming urge to get away from your everyday environment but because you have duties to perform that might not be possible today.

Libra | Sept. 23 - Oct. 22. The Sun in Gemini at this time of year encourages you to think in new ways.

Scorpio | Oct. 23 - Nov. 21. Don't try to analyze why you feel so good today because the more you chase after the feeling the more it will slip away from you.

Sagittarius | Nov. 22 - Dec. 21. Success is yours if you have the right attitude. And what is that? That you are a blessing on the world.

Capricorn | Dec. 22 - Jan 20. Even the most tongue-tied of Capricorns will express themselves beautifully today.

Aquarius | Jan. 21 - Feb 18. Take life as it comes and don't worry about tomorrow or the day after that.

Pisces | Feb. 19 - March 20. Go out of your way to get along with people today, even people you might prefer to avoid. Everyone you meet has something to teach you.

SALLY BROMPTON

Caption Contest

"I'm b-b-b-bad to the....where's my bone?"
Lily

SAKCHAI LALIT/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

MEGA AUTOMOBILE

MITSUBISHI MOTORS

THE AUTOMOBILE SUPERSTORE!

UP TO 1000 QUALITY USED VEHICLES
LOWEST PRICES GUARANTEED!

UNBEATABLE OFFERS ON ALL MAKES & MODELS

12 FOCUS TITANIUM SE
LOADED, A/C, AUTO • 33975km
st:33561 • **$17,980** • bw:$148***

07 MAZDA CX-7 GS
LOADED, LTHR, ROOF • 79989km
st:33780 • **$16,730** • bw:$180*

10 MAZDA 3
LOADED, A/C, AUTO • 50876km
st:33096-A • **$14,380** • bw:$119***

07 SILVERADO LS 4X4
LOADED, A/C, AUTO • 56869km
st:33585 • **$17,960** • bw:$193*

07 TUCSON GLS
LOADED, A/C, AUTO • 96154km
st:33885 • **$10,650** • bw:$114*

10 HONDA INSIGHT HYBRID
LOADED, A/C, AUTO • 53737km
st:31958-A • **$17,800** • bw:$155***

11 IMPALA LS
LOADED, A/C • 51554km
st:33008 • **$14,850** • bw:$122***

08 NISSAN VERSA
LOADED, A/C, AUTO • 97172km
st:33909 • **$8,940** • bw:$83**

11 TOWN COUNTRY
STOW-N-GO, NAV, LOADED • 16006km
st:33758 • **$28,890** • bw:$228***

07 SORENTO LX 4X4
LOADED, A/C, AUTO • 109074km
st:32813-A • **$10,850** • bw:$116**

08 ACURA TL TYPE S NAV
LOADED, A/C, ROOF, LTHR • 56850km
st:33430 • **$24,850** • bw:$222**

07 LEGACY AWD
LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **$15,950** • bw:$171*

08 PONTIAC VIBE
A/C, STD • 86574km
st:33272 • **$9,640** • bw:$89**

10 CHRYSLER 300 TOURING
LOADED, A/C • 37776km
st:32861 • **$16,750** • bw:$138***

08 KIA RONDO EX
LOADED, A/C, AUTO • 87121km
st:33324 • **$9,970** • bw:$93**

07 GR. VITARA AWD
LOADED, A/C, ROOF, AUTO • 103614km
st:33778 • **$11,640** • bw:$125*

07 NISSAN QUEST
LOADED, A/C, AUTO • 95995km
st:32409 • **$13,650** • bw:$147*

08 HONDA ACCORD
LOADED, A/C, AUTO • 107112km
st:32664-A • **$13,750** • bw:$128**

08 MAZDA B2300
A/C • 61594km
st:33422 • **$10,750** • bw:$100**

09 NISSAN ROGUE
LOADED, A/C, AUTO • 60968km
st:32613-A • **$16,950** • bw:$157**

08 PONTIAC TORRENT
LOADED, A/C, AUTO • 75537km
st:33159 • **$13,380** • bw:$124**

07 SANTA FE
LOADED, A/C, AUTO • 81806km
st:33289 • **$13,870** • bw:$149*

08 CHEVROLET MALIBU LT
LOADED, A/C • 31996km
st:33873 • **$12,390** • bw:$115**

GREAT DEALS ON LUXURY CARS!

FREE IPOD WITH PURCHASE OF ONE OF THESE LUXURY CARS!

07 Cadillac CTS
- Loaded, A/C, Lthr, Auto
- st: 33383
- km: 64065

$16,930
$182* Bi-weekly

09 Benz C230 4Matic
- AWD, A/C, Lthr, Loaded, Auto
- st: 33684
- km: 28147

$26,830
$239** Bi-weekly

08 BMW 128i COUPE
- Loaded, A/C, Lthr, Roof, Auto
- st: 33071
- km: 78474

$21,870
$195** Bi-weekly

07 Benz B200 Turbo
- Loaded, A/C, Auto
- st: 32643
- km: 45602

$18,870
$203* Bi-weekly

08 Lexus IS250
- AWD, Loaded, Roof, Lthr, Auto
- st: 29824
- km: 75146

$26,840
$248** Bi-weekly

08 BMW X3
- AWD, Loaded, Lthr, Roof, Auto
- st: 33285
- km: 51156

$29,650
$264** Bi-weekly

11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$140***

08 MINI COOPER CLUBMAN
LOADED, A/C, LTHR, ROOF • 53589km
st:33578 • **$17,980** • bw:$167**

07 VOLKSWAGEN GOLF CITY
LOADED, A/C • 68512km
st:32278 • **$9,950** • bw:$107*

11 MITSUBISHI LANCER SE
LOADED, A/C, MAGS, AUTO • 29843km
st:33385 • **$17,380** • bw:$143***

07 MAZDA 6 S/W
LOADED, A/C, AUTO • 95746km
st:31930 • **$11,830** • bw:$127*

10 DODGE CHARGER
LOADED, A/C • 57663km
st:33459 • **$15,870** • bw:$131***

08 CHEVROLET COBALT LS
AUTO • 54483km
st:33740 • **$8,350** • bw:$77**

07 DODGE CALIBER
AUTO • 90012km
st:33816 • **$7,980** • bw:$86*

09 TOYOTA VENZA AWD
LOADED, A/C, AUTO • 22487km
st:31787 • **$24,850** • bw:$231**

07 CHEVROLET OPTRA 5
LOADED, A/C, ROOF • 31417km
st:32802 • **$8,360** • bw:$90*

08 INFINITI EX35 AWD
LOADED, A/C, ROOF, LTHR • 105315km
st:33822 • **$21,880** • bw:$195**

07 VOLKSWAGEN JETTA CITY
LOADED, A/C, AUTO • 64761km
st:32266 • **$10,950** • bw:$118*

08 JEEP COMPASS SPORT
STD • 68815km
st:32457 • **$10,650** • bw:$99**

08 NEW BEETLE
LOADED, A/C, ROOF, LTHR • 33464km
st:33788 • **$13,860** • bw:$129**

06 NISSAN X-TRAIL XE
LOADED, A/C, AUTO • 73849km
st:31654 • **$10,950** • bw:$118*

10 TOYOTA COROLLA CE
LOADED, A/C, AUTO • 65320km
st:32948 • **$12,950** • bw:$107***

08 FORD FUSION SE
LOADED, A/C, ROOF • 70497km
st:33130 • **$10,750** • bw:$100**

08 FORD TAURUS SEL
LOADED, A/C, AUTO • 90818km
st:32153 • **$11,840** • bw:$110**

09 FORD ESCAPE XLT
LOADED, A/C, AUTO • 99215km
st:33881 • **$12,870** • bw:$119**

07 VOLKSWAGEN PASSAT
LOADED, A/C, LTHR, AUTO • 79395km
st:32521 • **$13,870** • bw:$160*

11 CHRYSLER 200
LOADED, A/C • 36288km
st:33503 • **$16,970** • bw:$140***

11 FORD FIESTA SE
LOADED, A/C, AUTO • 50713km
st:33517 • **$13,980** • bw:$115***

10 SUZUKI SX4 LE
LOADED, A/C, AUTO • 60387km
st:32750 • **$11,970** • bw:$99***

11 HYUNDAI SONATA
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **$17,950** • bw:$148***

10 EQUINOX LS AWD
LOADED, A/C, AUTO • 63009km
st:33050 • **$18,850** • bw:$155***

08 HYUNDAI ELANTRA GL
STD • 34056km
st:33047 • **$8,450** • bw:$78**

11 SMART FORTWO
LOADED, PANORAMIC ROOF • 23464km
st:33682 • **$13,670** • bw:$113***

07 HYUNDAI ACCENT GLS
STD • 102442km
st:33670-A • **$5,950** • bw:$64*

08 NISSAN ALTIMA 2.5S
LOADED, A/C, AUTO • 91878km
st:33906 • **$11,970** • bw:$111**

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 70476km
st:33575 • **$11,960** • bw:$99***

07 CHRYSLER SEBRING
LOADED, A/C • 86262km
st:31515 • **$9,680** • bw:$104*

07 TRAILBLAZER 4WD
LOADED, A/C, ROOF • 79210km
st:33199 • **$14,870** • bw:$160*

11 DODGE AVENGER SXT
LOADED, A/C, ROOF, AUTO • 24624km
st:33540 • **$16,850** • bw:$139***

11 HONDA CR-Z HYBRID
LOADED, A/C, AUTO • 10017km
st:33651-A • **$19,460** • bw:$160***

09 PONTIAC AVEO G3
LOADED, A/C, ROOF • 72350km
st:32171-A • **$8,980** • bw:$83**

09 TOYOTA MATRIX
LOADED, A/C • 68124km
st:33622 • **$12,960** • bw:$120**

08 ACURA CSX
LOADED, A/C, LTHR, ROOF • 81716km
st:33762 • **$14,970** • bw:$139**

11 TOYOTA SIENNA LE
LOADED, A/C, AUTO • 59919km
st:33138 • **$25,890** • bw:$204***

ARE YOU EMPLOYED BY FEDERAL, PROVINCIAL OR MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA & RECEIVE OUR BANK COMMISSION OF UP TO
$500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum $20,000) and 7.9% (Minimum $10,000) with $0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for $1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.